Cranberry-Orange Chutney with Cumin, Fennel, and Mustard Seeds

Internet Address: http://www.bonappetit.com/recipe/cranberry-orange-chutney-with-cumin-fennel-and-mustard-seeds



Servings: 12

1 1/3 cups sugar, [my suggestion: reduce sugar by at least 1/3 cup)

1/2 cup red wine vinegar

3 tablespoons olive oil

1/2 teaspoon cumin seeds

1/2 teaspoon fennel seeds

1/2 teaspoon mustard seeds

1 cup red onion, thinly sliced

1 piece fresh ginger (1 1/2 inch) peeled, cut into matchstick-size strips

1 tablespoon serrano chile, minced seeded

3/4 cup water

1 pound fresh cranberries, or frozen

1/2 cup dried cranberries

1/4 cup matchstick-size strips orange peel (orange part only)

1 pinch salt

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Notes: This chutney is very sweet - you can play with reducing the sugar by even more, then add some in at the end if you think it needs more.
1. Bring sugar and vinegar to a boil in heavy small saucepan, stirring until sugar dissolves. Remove from heat and set aside.
2. Heat oil in large saucepan over medium heat. Add cumin, fennel, and mustard seeds; stir until mustard seeds pop, about 1 minute. Add onion; cook over medium heat until it begins to brown, stirring constantly, about 6 minutes. Add ginger and chile; stir until chile softens, about 2 minutes. Add vinegar mixture, 3/4 cup water, all cranberries, orange peel, and salt. Simmer until juices thicken, stirring often, about 20 minutes. Cool, cover, and chill. DO AHEAD Can be made 3 days ahead. Keep chilled. Freeze any left overs in small containers and use for garnishing grilled chicken or curry.

Yield: 3 cups

Per Serving (excluding unknown items): 144 Calories; 4g Fat (21.3% calories from fat); trace Protein; 29g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.