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easy & delicious recipes

Oriental Dried Fruit & Onion Chutney

Introduction:

Safari Dried Fruits and Nuts are nature's gifts to us and every time we add a handful of dried fruits or nuts to our baking and cooking, we add nature's colour, flavour and healthy goodness. As they say: more fruit ... more nuts ... more taste!

Ingredients

500 ml freshly-squeezed orange juice
125 ml white wine vinegar
30 ml red curry paste (bought paste is fine)
900 g small pickling onions, peeled and kept whole
500 g mixed Safari Dried Fruit of your choice: prunes, peaches, pears, apple rings
250 ml Safari Currants
250 ml Safari Golden Sultanas or Raisins
3 long strips of orange peel
3 long strips of lime or lemon peel
1 orange, peeled, all white pith removed and flesh chopped
3 limes or lemons, peeled, all white pith removed and flesh chopped
1 x 3 cm piece ginger root, finely diced (30 ml)
3 or 4 (to taste) red chilies, chopped
4 more red chilies, a small slit made into the side of each chili
4 plump cloves of garlic, slivered (or more if you wish)
500 ml water
400 ml soft brown sugar
20 ml black or yellow mustard seeds
15 ml pickling spice
15 ml ground cinnamon
10 ml coarsely ground coriander seeds, toasted
10 ml salt
6 star anise
4 fresh or dried bay or lemon leaves
200 ml finely chopped coriander leaves (with their stalks)
6 x 6 cm stalks of lemon grass, lightly crushed with a mallet

Method

Pour the juice and vinegar into a large saucepan. Add the curry paste and whisk until blended. Add the onions, bring to the boil, reduce heat, cover and simmer for 10 minutes or until the onions start to soften.

Now add the rest of ingredients and simmer, covered, for 30 minutes, or until onions are soft,

the fruits are tender and sauce has become syrupy and thickened to your liking, stirring occasionally. Be gentle when stirring because whole fruit and onions will look quite attractive. But, if you get carried away with the stirring, rest assured that the mushy variety tasted as good.

Remove the saucepan from the heat, bottle the chutney and enjoy with curries, roast or cold meats or as part of a cheese platter.

Makes about 2 litres