

Apple Chutney

Makes 4 pints

Serving Size: 1/4 c.



3 T. vegetable oil
1 hot chile, whole
1 c. onion, diced
2 cloves garlic, minced
1 red bell pepper, diced
1 T. ginger, minced
4 lbs apples, peeled, cored and chopped
1 c. water
1/2 c. cider vinegar
1/2 c. brown sugar
1 T. curry powder
1 t. cardamom, crushed and ground
1 c. raisins
Salt and pepper, to taste



In a large pot over medium high heat, add oil. When oil is hot, add hot chile and cook for 2-3 minutes. Remove the chile and discard. Add onion and cook until softened. Add garlic, bell pepper, and ginger and cook for 2-3 minutes. Add apples, and cook for one minute.

In a small bowl, combine water, vinegar, brown sugar, curry powder, and cardamom. Add to pot and bring to a boil. Reduce heat to simmer, and add raisins. Cook for 30 minutes, stirring occasionally.

Remove from heat and fill four pint jars. Place caps on tightly, and process in canner for 20 minutes. Remove from canner and set aside to cool.

Estimated Calories: 68 cal/serving