



Mango Chutney

Sarah's servings: 4-6, Sarah's skill: Medium

Ingredients

4 Fresh Chilli's deseeded
6 Cloves of Garlic
30g Fresh Ginger peeled
3 Large mangoes peeled and diced
1 tsp Salt
300ml White wine vinegar
450g Granulated sugar
3 tsp Nigella seeds (optional)

Method

- Put the chilli's, garlic and ginger in a mini food processor or in a pestle and mortar until you get a smooth paste.
- Peel and dice the mango.
- In a large saucepan put the paste and all the ingredients and mix on a low heat until the sugar has dissolved.
- Bring to the boil then simmer for about 1 hour until it darkens in colour and thickens slightly.
- Sterilise the jars and lids in the oven at 140 degrees centigrade (120 fan) faced down on a baking tray for at least 30 minutes.
- Pour the chutney into the jars and place the lids on the jars.
- Store in a cool dark place for at least 2 weeks before using.