

Recipe: Gay Crowley for Elevate Youth E.A.T.

Instructor: Tamika R. Francis, Food & Folklore LLC

Apple Chutney

6:30pm - 7:30pm | 12.02..2021

Serves: 4 Prep: 20 minutes Cook: 15 minutes Total: 35 minutes

CLASS FOCUS:

Chutney is a gluten-free, spicy or savory condiment originating in India. Chutney is made from fruits, vegetables, and/or herbs with vinegar, sugar, and spices. Broadly, the word chutney is now applied to anything preserved in sugar and vinegar, regardless of its texture, ingredients, or consistency.

Apple chutney is a perfect accompaniment to chicken or pork, as well as a side item served with cheese and crackers. [Source.](#)



INGREDIENTS:

- 2 garlic cloves, peeled and chopped
- 2 teaspoons fresh, peeled and grated or finely chopped ginger (1/2 teaspoon dried ginger spice powder can be substituted if you do not have fresh ginger)
- 1 tablespoon vegetable oil such as canola, corn, or safflower oil
- 1 teaspoon mustard seeds
- 1/2 teaspoon garam masala
- 3/4 cup dried apricots cut into small pieces (about 4-6 pieces per apricot)
- 1/2 large or 1 full small tart cooking apple (such as Granny Smith, Honeycrisp, Cortland or Fuji), peeled, cored and cut into small pieces about 1/2 inch square
- 1/3 cup golden or regular raisins
- 1/2 cup water
- 1/3 cup red wine vinegar (apple cider vinegar can be substituted)
- 1 tablespoon sugar
- 1/2 teaspoon salt

HOW TO PREPARE FOR CLASS :

1. Peel and chop or mince garlic.
2. Peel and chop, mince or grate fresh ginger root, if using.
3. Peel and chop apples.
4. Chop apricots.
5. Measure out raisins.
6. Have your cooking tools and ingredients out and ready to go.

INSTRUCTIONS:

- 1.** Place the 1 tablespoon of oil in a small saucepan (1 to 1 ½ quart size). Place on stove top over medium to medium-high heat to start warming.
- 2.** Add garlic and ginger to the pan and cook for 1 or 2 minutes until fragrant and just starting to golden.
- 3.** Then add the 1 teaspoon of mustard seeds to the pan and cook for another 1-2 minutes until mustard seeds start to become fragrant.
- 4.** Add in the ½ teaspoon garam masala and stir in for 30 seconds
- 5.** You can now add all remaining ingredients to the pan and stir until well combined.
- 6.** Bring ingredients to a simmer (just bubbling lightly and continuously) and continue to cook for approximately 20 minutes until all liquid is largely absorbed, fruits have softened, and you have a nice thick, chunky sauce.
- 7.** Remove from the stove to cool for about 15 minutes after which you can place it in a glass jar with a tight lid and store in the refrigerator. Use within one week unless you know how to properly can and store it for future use.

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