



Date & Courgette Chutney



1.2kg (approx)



55 minutes
(approx)

INGREDIENTS

750g fresh, small, firm courgettes
500g onions
250g dates, stoned weight
40g fresh root ginger
40g garlic
2 fresh, green chillies or to taste
1 tbsp fennel seeds
1 tsp celery seeds
1 tsp sea salt
1 tbsp smoked Spanish paprika
150g soft brown sugar

NOTES

KEEPS FOR 6-9 MONTHS &
STORE IN A COOL, DARK
PLACE - REFRIGERATE
ONCE OPENED

DIRECTIONS

1. Wash & sterilise jars in the oven. Place a saucer in the freezer
2. Cut the courgettes into 1cm dice, evenly sized
3. Peel & chop the onions finely. Chop the dates
4. Peel the ginger & garlic and chop these and the chillies finely
5. Crush the fennel and celery seeds together
6. Put all the ingredients except the sugar into a large pan such as a Maslin pan and place onto the hob
7. Cook the mixture over a medium heat until the juices start to run and the vegetables start to soften (about 10 mins)
8. Add the sugar - stir it in, cooking over a low heat until it has dissolved
9. Turn up the heat to a moderate boil for a further 15-20 minutes or until the mixture becomes thick. Stir the pan frequently as it may otherwise burn
10. To check if the chutney is ready, pull a wooden spoon through the mixture - if both sides stay apart, it is ready. Otherwise, cook a little longer
11. Test for a set by placing a little on the saucer from the freezer - if it wrinkles, it is ready. Otherwise, cook a little longer
12. Pot up into the hot, sterilised jars