



Paulines Chutney

This recipe is made from fresh produce that we grow in our garden. Feel free to substitute or play with other ingredients to make your own brand of yummy and healthy chutneys or jams. I am working on many different combinations from our fruit bearing trees. So stay tuned.

Pauline's Lycium Chutney

6 Delicious Apples - cut small
1 cup of Lycium Berries
2 inch long piece of Ginger - finely chopped or half a teaspoon of dried Ginger
4 cloves of Garlic - finely chopped
2 fresh Red Chillies - finely chopped
2 cups of White Sugar - White sugar is best as it creates a beautiful colour
Half a cup of White Vinegar
2 teaspoons of Nigella Seeds
4 Cardamon Pods - open and use just the seeds
1 teaspoon of Mixed Spice

Put apples, sugar and 2 cups of water in a heavy stainless steel pan over a medium heat.

Heat and stir until sugar is dissolved.

Add all the other ingredients and bring to boil, turn on low and simmer, uncovered for 30 minutes or until thick.

You can remove it at the 20 minute stage and blend the mix if you would like it a bit smoother.

If you wish to do this keep a quarter of the Lycium Berries aside or add more berries after you have blended the mix.

I usually add more after blending, as this adds colour and a burst of flavor upon eating.

Return to a low heat for about 5 or 10 minutes after blending to heat the newly added berries through.

Remove from stove and let stand for 30 minutes before bottling.

Serve with Meats (hot or cold)

Chicken and Fish.

Use as a salsa with chips or biscuits.

Sandwiches or fresh crusty bread.

Makes a fresh salad sing!

This quantity makes approximately 3 x 500g jars and keeps for about two months in the

refrigerator if you sterilize your jars properly and can stop yourself from eating it!

Hope you enjoy.

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