

Hall Street Allotment Association

Recipe Guides:

This recipe was kindly supplied by Joy Rochester (Plot 7)

Beetroot Chutney

(Makes 2 medium sized jars)

10oz Cooked Beetroot - grated

5oz Onion - chopped or grated

9oz Cooking Apples - peeled & grated

1 $\frac{1}{2}$ oz of Demerara sugar

1 pinch of dried ginger or $\frac{1}{4}$ teaspoon of fresh ginger finely chopped and crushed.

80ml Malt Vinegar, Red Wine Vinegar may be used

1 teaspoon of salt

OPTIONAL - 1 large clove of garlic finely chopped.

2 tablespoons of lemon juice

METHOD

This recipe needs to be cooked in a stainless steel or non-corroding type pan. Aluminium pan to be avoided as the acid content is high.

Mix all ingredients together in a pan make sure you have at least 1inch from the top to allow for froth. Bring to a strong boil stirring regularly cover and simmer for 30 to 40minutes stirring occasionally.

PREPARE JARS

Use Jars that have an anti-tamper vacuum (dimple) type of lid. The lids and jars must be washed, rinsed and sterilised at 120 degrees for 30minutes. When chutney is cooked, put into jars and seal while hot.

ENJOY