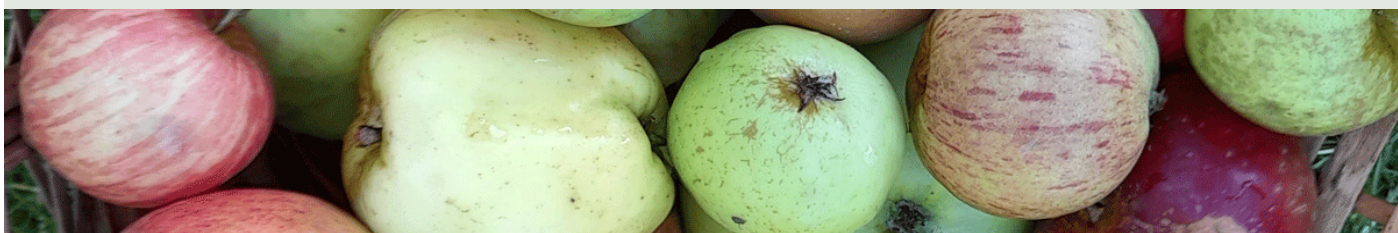


# Leominster Living Orchard

## Apple Recipes, Activities, Stories & Poems



**RECIPE:** Apple & Tomato Chutney.

### Ingredients

- 1kg cooking apples, peeled and cored
- 1kg tomatoes (red, green or a mix)
- 500g onions, peeled
- 1 tsp salt
- 500ml vinegar (cider, malt or white)
- 250g raisins, currants or apricots (or mix)
- 500g brown sugar
- half tsp cayenne pepper, half tsp mustard powder,
- or 1 tsp of mustard & half tsp ground ginger

### Method

1. Finely chop the apple, tomato and onion.
- 2 Put all the ingredients in a large pan and mix.
- Simmer uncovered for 2-3 hours. When the chutney appears thick enough, make a channel with a spoon across its surface.

- If it leaves a channel for a few seconds without being filled with vinegar then it is ready.
- Pour the chutney into warm, clean jars.
- Seal, preferably with a wax disc on top of the chutney, and leave in a cool, dark place for at least 1 month before eating.
- Tip – Add 1 tsp chilli flakes if you like a hot chutney.

