



Chutney

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| 3 | mangos (firm, cubed) |
| 150ml | cider vinegar |
| 150g | light muscovado sugar |
| 1 | red chilli (split) |
| 2.5cm | ginger (grated) |
| 1 | garlic clove (chopped) |
| 5 | cardamom pods (crushed) |
| 1/2tsp | coriander seeds (crushed) |
| 1 | bay leaf |
| 1/2 tsp | salt |

Method;

- add all ingredients to a sauce pan and heat over a moderate heat until sugar is dissolved and you have a syrup type consistency.
- Add mangos mix well and bring to the boil stirring all the time.
- Lower heat and allow to simmer for 30 mins, mixing every 10 mins.
- Remove from heat and allow to cool.
- Ladle into sterilized jar, cover and allow to rest in the fridge for 1 week.