

MANGO CHUTNEY

MAKES 450G/1LB/2 CUPS

3 firm green mangoes, cut into chunks

150ml/¼ pint/⅔ cup cider vinegar

130g/4½ oz/⅔ cup light muscovado
(brown) sugar

1 small fresh red chilli, split

2.5cm/1in piece fresh root ginger, grated

1 garlic clove, crushed

5 cardamom pods, bruised

2.5ml/½ tsp coriander seeds, crushed

1 bay leaf

2.5ml/½ tsp salt

1 Put the mango chunks into a pan, add the cider vinegar and cover. Cook over a low heat for 10 minutes, then stir in the remaining ingredients. Bring to the boil slowly, stirring.

2 Lower the heat and simmer gently for 30 minutes, until the mixture is syrupy. Leave to cool, then ladle into a hot sterilized jar and cover. Leave to rest for 1 week before serving.
