

## Courgette, tomato and apple chutney

**About this recipe:** This chutney goes well with sandwiches (cheese, cold meat etc) and picnics or you can add a spoonful or two to sauces for chicken and meat to spice them up.

**Prep: 20 mins Cook: 2 hrs, 45 mins Makes approx 2.5kg**

### Ingredients

500ml cider vinegar or white wine vinegar (but malt is fine too)

400g brown or white sugar

1 tablespoon mixed spice

2 tablespoon yellow mustard seed

1 cinnamon stick

4 onions, chopped

1kg courgettes, diced

1kg tomatoes, chopped

4 eating apples, peeled and diced

300g sultanas (optional)



### Method

1. Put the vinegar, 300ml water, sugar and spices in a very large pan. Heat, stirring, until the sugar dissolves then add the rest of the ingredients with a tsp of salt.
2. Bring back to a simmer then simmer uncovered for 2 ½ hours until darkened, thick and chutney-like.
3. To sterilise the jars, wash thoroughly in very hot soapy water. Rinse in very hot water then put on a baking sheet in a 140C/Gas Mark 1 oven until completely dry.
4. Pour the chutney into the sterilised jars while still hot, seal and leave in a cool dark place for at least 3 weeks before opening.