



SWEET DATE CHUTNEY



INGREDIENTS

YIELDS 1 CUP

- 10-12 dates pitted, roughly chopped
- 1/2 teaspoon dried chilli flakes
- 1 tsp of dry ginger powder
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1/4 tsp garam masala
- 1 tsp salt
- 1 teaspoon brown sugar
- 1 tablespoon tamarind puree
- 200ml water

INSTRUCTIONS

1. Combine all ingredients in a saucepan over medium-low heat, stirring until thickened and dates start to collapse.
2. Spoon hot mixture into a sterilised jar and seal. Chutney will keep stored in the fridge for up to 2 months, if handled with a dry spoon each time and with care.



Recipe: Taste.com.au

It is important to sterilize jars to prevent mould forming. Jars can be sterilized in a number of ways. Firstly, choose glass jars with an airtight lid. Ensure they are free from cracks or chips. Wash in hot soapy water and rinse, then sterilize using one of the following methods:

Oven: Preheat the oven to 120C. Place jars (upright) and lids (separately) on an oven tray and heat in the oven for 20 minutes. Remove and fill immediately with jam or other preserves.

Stovetop: Place jars and lids in a deep saucepan. Cover with cold water. Bring water to the boil over high heat, reduce heat to medium and boil for 10 minutes. Remove the jars using metal tongs and allow to air dry or dry with a clean paper towel.

Dishwasher: Place jars, lids and rubber seals in the dishwasher on the hottest cycle. Remove and place onto a paper towel-lined tray or dry with a clean paper towel.