

Edward Kemp Community Garden and Growing Area

Green Tomato Chutney

The ingredients are variable – so long as you include vinegar – malt or cider vinegar – and some sugar, you are well on the way to making your chutney. You can add spices to pep things up a bit – maybe some chilli powder, ginger and garlic. Fill out the fruit with sultanas, raisins or dates.

You can adjust the amount of vinegar, sugar and sultanas in proportion to the amount of tomatoes you have. You can use cider vinegar rather than malt vinegar if you prefer. Don't worry if it doesn't seem to be reducing and thickening to start with – just keep simmering and you will see it soon gets to a lovely thick consistency.

When it is getting near to a thick consistency, don't forget to sterilise your jars. Chutney is best after it has been left for a month or so but there is no reason why you can't dig in straight away and enjoy! Great with cheese on toast!

Makes about 4 jars

Green Tomato Chutney

Ingredients

750g/ 1.5lb tomatoes

500ml malt vinegar

250g/ 8oz sultanas

1 red onion

2 teaspoons salt

1 teaspoon chilli flakes

400g/ 14oz light muscavado sugar



Cooking Directions

1. Roughly chop the tomatoes
2. Peel and chop the onion
3. Place all the ingredients in a large heavy bottomed saucepan and bring to the boil
4. Stir and simmer for about 1 hour or until the mixture has gone thick
5. Allow to cool a little then put into (sterilised) jars
6. Label the jars
7. Allow to cool
8. Store in a cupboard

