



Real Indian Mango Chutney

Savannah · 29/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

3 hrs 10 mins

Description

This chutney has a sweet and sour taste and goes particularly well with samosas and mint raita. Make it at least 2 weeks in advance for enhanced flavor or 1 day before serving.

Ingredients

— - 2 ¼ cups diced fresh mango - ¼ cup salt - 2 ½ cups water - 2 ? cups white sugar - 2 cups vinegar - ½ cup raisins - ½ cup chopped pitted dates - 2 cinnamon sticks - 2 teaspoons minced fresh ginger root - 2 teaspoons crushed garlic - 2 teaspoons ground dried chile pepper - 10 half-pint canning jars with lids and rings

Instructions

1. Put mango into a large bowl. Sprinkle salt over the mango. Pour water over the mango. Let mango soak for 1 hour to overnight. Drain and discard liquid from the mango. Stir sugar and vinegar together in a saucepan over medium heat; bring to a boil. Add drained mango to the liquid; stir to coat. Stir raisins
2. dates
3. cinnamon sticks
4. ginger
5. garlic
6. and ground dried chile pepper into the mango mixture; bring again to a boil
7. stirring occasionally. Reduce heat to low and simmer mixture until thickened
8. about 1 hour. Remove from heat to cool completely. Sterilize jars and lids in boiling water for at least 5 minutes. Pack chutney into hot
9. sterilized jars
10. filling to within 1/4 inch of the top. Run a knife or thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids and screw on rings. Place a rack in the bottom of a large stockpot and fill halfway with water. Bring to a boil and lower jars into the boiling water using a holder. Leave a 2-inch space between the jars. Pour in more boiling water if necessary to bring the water level to at least 1 inch above the tops of the jars. Bring the water to a rolling boil
11. cover the pot
12. and process for 15 minutes. Remove the jars from the stockpot and place onto a cloth-covered or wood surface
13. several inches apart
14. until cool. Once cool
15. press the top of each lid with a finger
16. ensuring that the seal is tight (lid does not move up or down at all). Store in a cool
17. dark area. Nutrition Disclaimer: The nutrition data for this recipe includes the full amount of the salt for soaking the mango. The actual amount of the salt consumed will vary.