

RED CABBAGE & BEETROOT CHUTNEY RECIPE



RosieMakesJam
PRESERVING PRESERVING

Equipment List

Large pan: jam pan or large saucepan/stock pot

Wooden spoon

Sharp knife

Chopping board

Measuring jug

Large jug or second pan

Teaspoon

*Muslin spice bag or small square of cotton

(*available from lovejars.co.uk)

You will need jars - 12-14 220ml/8oz jars or equivalent

Don't forget lids to fit your jars - and some labels

Unusual spices can be obtained from
<https://lovejars.co.uk/shop/catalogue/preserve-jam-making-ingredients/>

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie



Ingredients

1 small or half large red cabbage

Cooking apples 4

Red Onions 4

Beetroot 4

Soft, ready to eat, prunes 250g/8oz

Muscavado sugar 250g/8oz

Balsamic vinegar 750ml/1.5 pints

Sea salt 4 teaspoons

In muslin bag: 1 teaspoon allspice berries, 1 tsp cloves, 2 star anise, 2 small pieces cinnamon stick

Method

Wash the jars in warm soapy water, rinse and place in a warm oven to dry

Shred the red cabbage finely, peel core and chop the apples. peel and slice the red onions. Place all in the pan. Peel and chop the raw beetroot and add to the pan. Add the sugar, vinegar and salt and stir carefully together to mix

Place all of the spices in the muslin bag or tie up in the square of cotton - add to the pan

Heat slowly until everything has softened then cook until everything is dark and glossy. Stir frequently. This will take approx 20 mins

Remove from the heat and take out the spice bag

Pot into warm sterilised jars and seal immediately

Delicious with cold meats or with roasts especially beef or venison