

COURGETTE & MINT RELISH



Rosie's Preserving School
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Equipment List

Large pan or jam pan

Wooden spoon

Sharp knife

Scales

Measuring jug

Jar funnel

Tablespoon

Teaspoon

Jars:- you will need 8-10 280ml or 4-6 450g jars

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

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

Courgettes, diced 1cm, skin on	1kg/2lb 4oz
Onions, peeled and chopped	200g/7oz
Green beans, chopped 1 cm	200g/7oz
Sugar, white granulated	200g/7oz
Mustard seed, black	1 teaspoon
Fennel seeds	1 teaspoon
Ground ginger	2 teaspoons
Vinegar, distilled malt or cider	300ml/10floz
Mint, fresh, finely chopped	small bunch
Salt	

Method

Put the chopped courgettes into a large bowl and sprinkle with salt and leave overnight

Next day, rinse and drain thoroughly

Mix all ingredients, except the mint, and simmer gently until reduced and soft - this should only take around 15-20minutes

Pick the mint leaves from the stalks, then chop the leaves finely

Add half of the mint and cook on gently for 15-20 mins

Remove from the heat and add remainder of the mint and stir thoroughly

Pour into hot, sterilised jars and seal tightly

Store away from strong light

For more delicious recipes and inspiration visit
<https://recipes.rosiemakesjam.com>