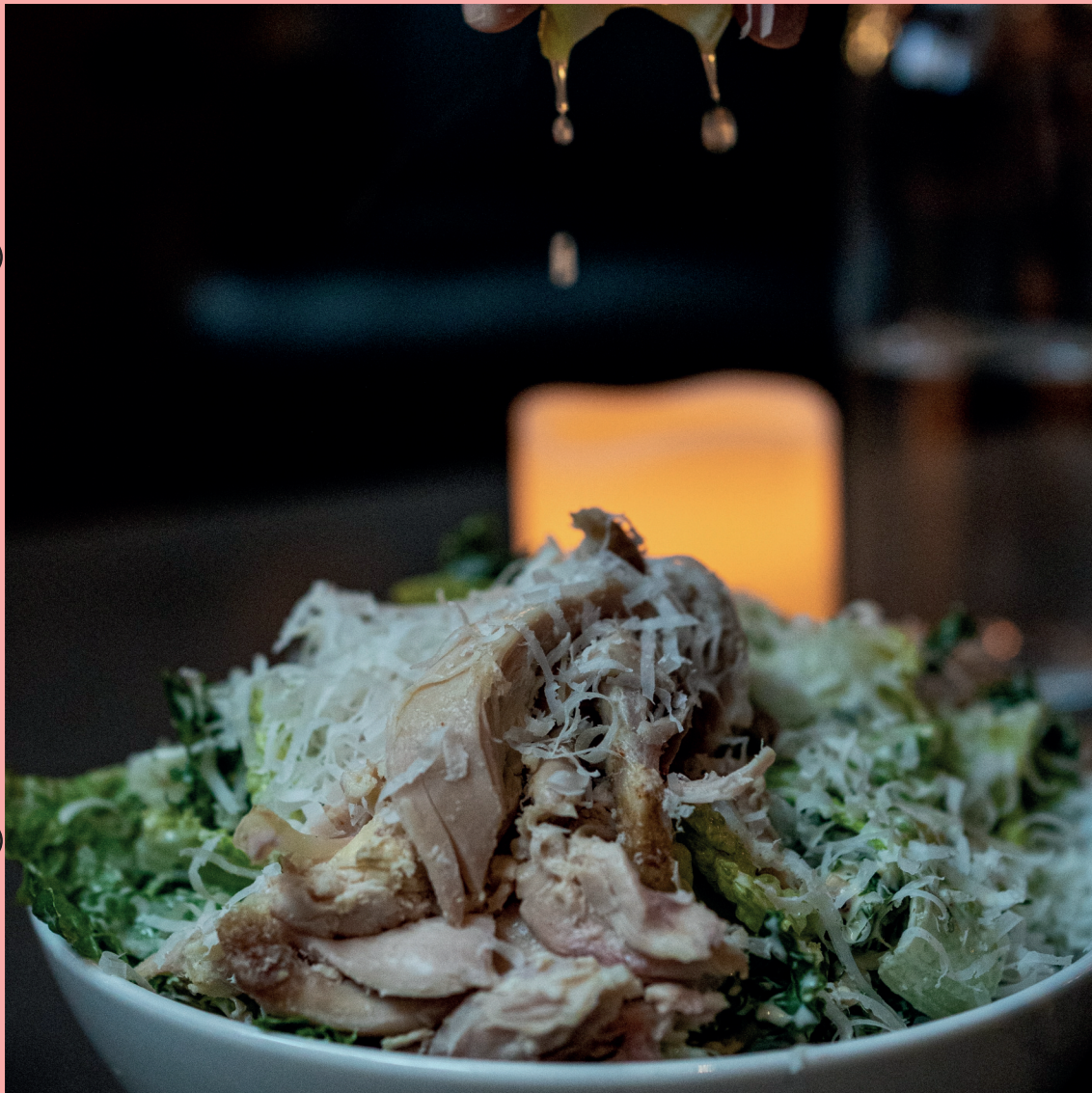


THE BASICS: CHICKEN



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- chopping board
- knife
- measuring jug
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals

CHUTNEY:

- maslin pan or large pan
- wooden spoon
- jars and lids 4-5 medium size
- jam funnel if you have one

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

- Chicken - breast or thighs, skinned,
- boned - or a mixture of both 2kgs 4lbs

- OPTIONAL - to make chutney**
- butter 5g 1 tablespoon
- olive oil 2 tablespoons
- onion, finely chopped 1
- mild curry powder 2 teaspoons
- garam masala 1 teaspoon
- ripe mangoes, peeled and chopped 2
- cooking apple, prepared weight 500g 1lb
- sultanas 125g 4oz
- cider vinegar 150ml 6fl oz
- demerara sugar 150g 6oz

METHOD

BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Canner prepped with water

Peel and chop any /fruitvegetables you are using

WORKSHOP

Share the meat equally between your jars allowing for the 3cms/1 inch headspace

Remove air bubbles!

Wipe the rims of the jars and the seals with vinegar and seal the jars

Place in the canner and add the remaining vinegar to the water

Close the canner and heat on high. Vent for 10 minutes

Apply the weight and bring the pressure to 10lbs psi

Process for 75mins for 500ml/1 pint jars and 90 mins for 1000ml/1 quart

CHUTNEY

Melt the butter and oil and gently cook the onion

Add the spices and cook for 2-3 minutes

Add the fruit and cook all together for 5 minutes, stirring constantly

Next add the sultanas, salt and vinegar

Lastly add the demerara sugar and stir until dissolved

Cook gently until the mixture is thick then pot into warm jars and seal

Refrigerate and use within 3-6 months

To serve:- this is a spreading chutney designed for chicken sandwiches.

You can mix 50-50 with plain mayonnaise