

RED ONION AND RAISIN CHUTNEY

Recipes kindly provided by Phil Ackley (our Culinary Consultant)

INGREDIENTS

3 Tablespoons of Virgin Olive Oil
1.5 KG (3LB) Red onions, halved and finely sliced
250 G (8OZ) Soft, light brown sugar
300ML (1/2 PINT) Red wine vinegar
200G (7OZ) Raisins
3 Garlic cloves – finely chopped
3 Bay leaves
1 Tablespoons of wholegrain mustard
½ Teaspoon of Pimenton (smoked, hot paprika)
½ Teaspoon of salt
A pinch of freshly ground black pepper

METHOD

1 Heat the oil in a large pan, add the onions and cook gently for 10 minutes until softened but not browned

2 Stir in 3 tablespoons of sugar and fry gently for 15 minutes, with stirring until the mixture is just beginning to brown

3 Add the rest of the sugar and the other remaining ingredients, mixing well and simmer uncovered for 10-15 minutes, stirring occasionally until the onions are soft and the liquid has reduced and thickened

4 Transfer the chutney into warm, sterilized jars and cover the surface with a disc of waxed paper (waxed side down) Close with an airtight lid and leave to cool in a dark, cool place.

Mark with a label and record the date of preparation.

The chutney will last for 6-12 months