



Recipe



by MELISSA FROHLOFF

Mango chutney

Ingredients

- 1kg ripe Honey Gold mangoes
- 170g chopped dates
- 80g sultanas
- 10g ginger
- 10g fresh minced garlic
- 20g salt
- 1/2 cup brown sugar
- 125ml malt vinegar
- 1/2 tsp mixed spice
- 1/2 tsp nutmeg
- 200g diced onions

Method

1. Remove the skin and seed from ripe mangoes and chop into roughly 1cm portions. Place in a large saucepan.

Add remaining ingredients and stir well.

2. Bring ingredients to the boil and simmer on low heat for 1.5 hours, stirring frequently.
3. Remove saucepan from stove top. Using a ladle, scoop the mango chutney into sterilised jars while hot until each jar is full to the top.
4. Place lids on jars and invert for a minute. Stand upright and the vacuum from the heat in the chutney will seal the lid and preserve the chutney.
5. When bottles cool, store in a cool dry place. This chutney will store for at least two months. Refrigerate after opening.

Tips

This is the ultimate dressing for a cold meat sandwich and makes a beautiful base for a curry. Support Australian farmers by buying locally grown fruit. Honey Gold mangoes are some of the sweetest-tasting mangoes on the market.