

Apple orange chutney

Preparation time: 20 min. · Level of difficulty: easy

Quantity

Ingredients for 4 small jam jars.

Ingredients

5 piece Apple
1 piece Onion
3 piece Oranges
150 ml Orange balsamic vinegar
5 piece Bay leaves
5 piece Cloves
3 piece Cardamom capsules
6 piece Allspice seeds
1 piece Cinnamon stick
300 g Cane sugar

Preparation

Bring the spices to the boil in a pot with about 300 ml water.

In the meantime, open the apple, remove the core, cut the apple into large pieces and add to the spice stock. Add 200 g of the sugar to the apples and simmer. Peel and finely dice the onion, heat some olive oil in a pan, salt the onion, season with the grated zest of one orange and fry over medium heat until translucent. Grate the zest of a second orange and add to the apples.

Squeeze the oranges and set the juice aside. Add the remaining sugar to the onions, increase the heat and let the sugar caramelise while stirring constantly. Deglaze the caramelised onions with the orange vinegar, reduce the heat again. Let the whole thing reduce a little, then pour in the orange juice, let it simmer a little longer and pour everything into the pot with the boiling apple pieces.

Let the chutney simmer for another 30-40 minutes. To determine the intensity of the seasoning, taste the chutney while it is cooking and (depending on taste) remove the spices.

This is also recommended when storing the jars so that the spices do not continue to infuse.

If the chutney seems too thick at the end of cooking, add a little orange juice. Then transfer the hot chutney into jars, close tightly and leave to cool upside down.