



Green Tomato Chutney

adapted from Healthy Green Kitchen

who adapted it from Tom Colicchio's "Think Like A Chef"

makes just over 4 cups

- 1 cup organic apple cider vinegar
- sea salt, to taste
- 4 tablespoons light muscovado sugar, grated palm sugar or ginger-infused palm, or more to taste sugar
- 5 tablespoons fresh lemon juice
- 1/2 teaspoon cayenne, or more to taste
- 1/3 cup crystallized ginger, chopped
- 1 teaspoon each ground cardamom, mustard seeds, whole coriander, cumin seeds and fenugreek
- 3 pounds green tomatoes, cored and chopped
- 1 large yellow onion, peeled and chopped
- 4 serrano peppers, seeded (or not) and minced
- 2 garlic cloves, minced
- 2 tablespoons peanut oil

Heat oil in a large, heavy pan over medium-high heat, then add all ingredients, stirring well to combine.

Bring to a boil, then reduce the heat to a simmer and cook for a couple of hours, until thick and jammy. Allow to cool slightly and taste for seasoning, adding more salt or cayenne or sugar, as needed.

Spoon into sterilized jars and process in a hot water bath for 10 minutes.

If you're making a smaller amount and don't want to process it, you can store it in a

glass jar in the fridge. It will keep for a couple of months.