

SEASONAL BLEND: MANGO CHUTNEY



MAKE THIS AGAIN!

SEASONAL BLEND

Find this blend online, or substitute with these everyday Spicery Larder ingredients:

1 tsp cumin seeds and ½ tsp each of mustard seeds, chill flakes and garam masala

Discover more about the Spicery larder at thespicery.com/larder

MANGO CHUTNEY

Making your own mango chutney is incredibly satisfying, and the sweet, spicy flavour and rich golden colour will be sure to wow your dinner guests! The key is to find a fairly ripe mango as this will give you the best flavour, as well as breaking it up slightly as it cooks to create variations in texture from smooth and jammy to tender bite-size chunks.

Prep

5 mins

Cook

20 mins

Heat



Serves

4 as a
condiment

- 1 medium **mango** (or 200g ready-prepared) - roughly chopped
- 70g **sugar**
- 3 tbsp **vinegar** (white wine or cider vinegar is best)

- 1 Simmer the mango with the sugar, vinegar, **MANGO CHUTNEY BLEND**, $\frac{1}{4}$ tsp salt and a splash of water, mashing the mango pieces up as they soften, for 20 minutes or until the chutney is thick and starting to caramelise (it's ready when you stir a spoon through the centre and it leaves a trail)
- 2 Leave to cool for 15 minutes before serving (the chutney will also keep for several days in the fridge)

(1 portion of

MANGO CHUTNEY BLEND

= 1 tbsp)

If you're making a bigger batch, scale up the fresh ingredients in proportion but the spices only by $\frac{2}{3}$ or it will be too spicy!