



Apricot Chutney

Makes 2 quarts ~ \$9.60

Directions

Simmer for 20-30 minutes, stirring occasionally:

8 generous cups pitted apricots

2 lb. brown sugar (or 2 cups fructose, or 1 1/2 cup xylitol) Adjust to taste at end.

4 oz. thinly sliced ginger

2 1/2 cups cider vinegar

Then add:

4-6 cups pitted apricots, chopped peaches, mangos, or plums

2-3 Tbsp. hot chile caribe

4-6 cloves garlic, sliced

2 tsp. salt

1 red bell pepper, diced

1 onion, diced

1 1/2 lb. dried fruit (raisins, cranberries, cherries or chopped pears, pineapple, peaches, or mangos)

2-3 Tbsp. garam masala

Simmer for 20-30 minutes, stirring more frequently.

Add 1/2 cup lime juice, process in boiling water bath for 27 minutes in Santa Fe

Garam masala (Authentic curry powder)

In blender:

2 Tbsp. black peppercorns

2 Tbsp. coriander seeds,

1 1/2 Tbsp. caraway seeds

1/2 Tbsp. cloves

Seeds from 20 cardamoms

1/2 Tbsp. ground cinnamon

Recipe courtesy of Dena Aquilina

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