

TOMATO CHUTNEY

NOTES TO STUDENTS and VOLUNTEER:

1. Measure all ingredients before commencing the cooking process
2. Be careful as this recipe is cooked at a high heat.

EQUIPMENT

Chopping board
Large knife
Peeler
Grater
Measuring spoons
Measuring jug
Large saucepan
Wooden spoon

INGREDIENTS

800g tin of chopped tomatoes
1 green apples, grated
1 brown onions, finely chopped
2 x bay leaves
1 heaped tablespoons of garlic minced
1 tablespoon of whole coriander seeds
1/3 cup caster sugar
¼ cup white vinegar
3 tablespoons white wine vinegar
1 tablespoons of paprika
1 tablespoon of salt
Freshly ground black pepper
pinch of chili flakes

WHAT TO DO

Peel and grate the apple.

Peel and finely chop the onion and garlic.

Place all ingredients into a large pot and cook on high heat.

Keep reducing until it reaches a chutney texture.

This recipe should take about 2 – 2 ½ hours to make and complete.

Allow to cool and place in fridge.