



# Spicy squash & apple chutney

The sweet flesh of squash or pumpkin takes on a new character as it nestles down in the pan with onion, apple, spices, sugar and vinegar.

## INGREDIENTS

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| 4 tbsp rapeseed, vegetable or sunflower oil   | 4 - 6 garlic cloves, peeled & sliced          |
| 2 large onions, finely chopped                | 1kg pumpkin, peeled & cut into 1cm cubes      |
| 100g piece of ginger, peeled and grated       | 3 Bramley apples, peeled & cut into 1cm cubes |
| 1 fat red chilli, deseeded and finely chopped | 1 tsp ground turmeric                         |
| 15 cardamom pods, bashed open                 | 500g light soft brown sugar                   |
| 2 long cinnamon sticks, snapped in half       | 300ml cider vinegar                           |
| 1 tbsp black mustard seeds                    |   |
| 2 tsp cumin seed                              |   |

## METHOD

- Heat the oil in a large preserving pan, then gently fry the onions, ginger, chilli, cardamom, cinnamon, mustard and cumin seeds together for 5 mins, until the spices are aromatic.
- Stir the garlic, squash and apples into the onions, then cook for 10-15 mins more, until the onions and apples are soft and the squash yields a little here and there.
- Stir in the turmeric and sugar and let it melt around the vegetables. Simmer for 5 mins – this process almost candies the chunks of pumpkin, so that it doesn't entirely break down during the next step.
- Pour in the vinegar, season with 2 tsp salt, then bring the chutney back to a simmer. Cook, stirring regularly, for about 30 mins or until the apple has cooked down to make a squishy base for the chutney, with chunks of tender pumpkin here and there, and a little syrupiness at the bottom of the pan – you don't want the chutney to be too dry as it will thicken as it cools.
- Spoon the hot chutney into sterilised jars and seal. The chutney can be eaten straight away, or left to mellow in a dark place. You can store it for up to six months.

Recipe by Jane Hornby from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

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