

## PICKLES AND PRESERVES

### How to sterilise your jars

Wash them in hot, soapy water, then dry in an oven heated to 170C/150C fan/gas 3 for at least 10 minutes. Always ladle pickles, jams and chutneys into jars while the jars are still warm.

#### *Classic Apple Chutney*



Serve this classic chutney with roast crackling pork for a change from apple sauce

1½ kg cooking **apples**, peeled and diced  
750g light muscovado sugar  
500g raisins  
2 medium **onions**, finely chopped  
2 tsp mustard seeds  
2 tsp ground **ginger**  
1 tsp **salt**  
700ml cider vinegar

Combine all the ingredients in a large, heavy saucepan. Bring the mixture to a boil over a medium heat, then simmer uncovered, stirring frequently, for 30-40 mins, or until thick and pulpy. Remove from the heat, leave to cool and transfer to sterilised, clean, dry jars and seal.

#### *Autumn Tomato Chutney*



A good tomato chutney take some beating, and this version is great because it's not too sweet

1kg ripe **tomatoes**, peeled and chopped  
750g cooking apples, peeled, cored and chopped  
375g light muscovado sugar

250g **onions**, chopped  
250g raisins  
1 **green pepper**, deseeded and chopped  
2 tsp salt ½ tsp ground **ginger**  
350ml cider vinegar

Put all the ingredients into a large pan and bring to the boil over a medium heat. Stir occasionally until the sugar has dissolved. Boil the mixture, uncovered, for about 45-50 mins until the fruit is tender and thickened. Cool, then transfer the mixture to a sterilised jar and seal.

### ***Crunchy Courgette Pickle***



Try this fresh, sharp pickle with cold poached salmon, burgers off the barbecue or just buttered bread.

500g **courgettes**  
3 **shallots**, finely chopped  
2 tbsp non-iodized **salt**  
**For the pickling liquid**  
500ml cider vinegar  
140g golden caster sugar  
1 tsp **mustard** powder  
1 tsp mustard seeds  
1 tsp **celery** seeds  
½ dried **chili**, crumbled  
1 tsp ground turmeric

Thinly slice the courgettes using a sharp knife, mandolin or slicing blade on a food processor. Put in a bowl with the shallots and sprinkle over the salt. Cover with ice-cold water, stir to dissolve the salt and leave for 1 hr. drain the courgettes thoroughly and pat dry using kitchen paper or tea towels. If they stay too wet, the water will dilute the pickling solution.

Meanwhile, put the pickling ingredients into a pan and bring to a simmer. Bubble for 3 mins, making sure the sugar has dissolved, then leave to cool until warm but not hot. Add the courgettes and stir.

Scoop the mixture into 2 x 500ml sterilised jars. Seal and leave for a few days in the fridge. Kept chilled, these will keep for a couple of months.

### ***Red Onion Marmalade***



Soft, sticky onion marmalade - great with pâtés and terrines or a ploughman's lunch

2kg **red onions** or regular onions  
4 **garlic cloves**  
140g butter  
4 tbsp **olive oil**  
140g golden caster sugar  
1 tbsp fresh **thyme leaves**  
pinch of chilli flakes (optional)  
75cl bottle red wine  
350ml sherry vinegar or red wine vinegar  
200ml port

Halve and thinly slice the onions, then thinly slice the garlic.

Melt the butter with the oil in a large, heavy-based saucepan over a high heat. Tip in the onions and garlic and give them a good stir so they are glossed with butter. Sprinkle over the sugar, thyme leaves, chilli flakes if using and some salt and pepper. Give everything another really good stir and reduce the heat slightly.

Cook uncovered for 40-50 minutes, stirring occasionally.

The onions are ready when all their juices have evaporated, they're really soft and sticky and smell of sugar caramelising. They should be so soft that they break when pressed against the side of the pan with a wooden spoon. Slow cooking is the secret of really soft and sticky onions, so don't rush this part.

Pour in the wine, vinegar and port and simmer everything, still uncovered, over a high heat for 25-30 minutes, stirring every so often until the onions are a deep mahogany colour and the liquid has reduced by about two-thirds.

It's done when drawing a spoon across the bottom of the pan clears a path that fills rapidly with syrupy juice.

Leave the onions to cool in the pan, then scoop into sterilised jars and seal.

Can be eaten straight away, but keeps in the fridge for up to 3 months.