



CAREMELISED ONION CHUTNEY

Ingredients: (for four jars chutney)

- 3tablespoons olive oil
- 1.5kg onions – thinly sliced
- 300g dark muscovado sugar
- 200ml red wine vinegar
- 3 tablespoons balsamic vinegar
- 3 garlic cloves – crushed
- 1 tablespoon wholegrain mustard
- ½ teaspoons paprika
- ½ teaspoon crushed chillies

Method:

1. Heat the oil in a large saucepan and add onions
2. Gently cook over a low heat for 25-30 minutes until the onions are softened but not brown
3. Stir in 3 tablespoons of sugar
4. Increase the heat and cook for 10 minutes until onions start to colour, stirring occasionally
5. Lower the heat then add all the other ingredients
6. Simmer for 30-40 minutes, stirring occasionally.
7. The chutney is cooked when the mixture has thickened and darkened to a rich caramel colour
8. Spoon the hot chutney into sterilised jars.

