



Cape chutney

This fruity chutney is perfect with cheese or cold meats.

Ingredients

- 150g Traidcraft dried apricots
- 225g Traidcraft raisins or sultanas
- 1.2 litres vinegar
- 225g Traidcraft brown sugar
- 2 onions, finely chopped
- 2 tbsp ground ginger
- 1 tbsp ground coriander
- 1 tbsp mustard seeds
- 3 red chillies, de-seeded and cut very thinly

Method

1. Start by soaking the apricots and raisins overnight in vinegar.
2. When ready, spoon the fruit and vinegar into a heavy pan and add the other ingredients.
3. Bring slowly to the boil. Simmer for about 1 hour over a very low heat, stirring with a wooden spoon, until the mixture sets.
4. Leave to cool and then store in clean glass screw-top jars in the fridge.

Buy the ingredients

- [The fair trade ingredients for this recipe are available in the Traidcraft online shop.](#)