



Pumpkin Chutney

Ingredients

- 1kg pumpkin or butternut squash, diced (prepared weight)
- 1 medium onion
- 1 inch piece ginger, grated
- 3 cloves garlic, grated/crushed
- 500g sugar
- 1/2 tsp chilli flakes
- 3 cardamom pods
- 5 peppercorns
- 250ml cider vinegar
- 1 tsp black onion seeds
- 1 tsp salt

Directions

- Crack the cardamom pods open to remove the seeds and discard the shells. Grind the seeds, together with the chilli flakes and peppercorns then toast in a preserving pan or other large heavy-bottomed pan until warm and fragrant.
- Add the rest of the ingredients except the sugar to the pan along with 250ml water and simmer over a medium heat for 30 minutes, stirring frequently
- Add the sugar to the pan and stir until completely dissolved. Leave to simmer for a further hour, stirring every now and then. If the chutney looks too dry, add a little extra water. If too watery, simmer for longer.
- The pumpkin should be tender at this stage, so now you can decide the texture of the finished chutney. Left as it is, it will be fairly chunky but if you want it to be completely smooth, use a blender to puree it.
- Pot up into sterilised jars and leave to cool completely. Store for 2 weeks or so before eating to allow the flavours to mature.