

# MICROWAVE TOMATO CHUTNEY

The advantage is that small batches can be made using fresh or frozen fruit exactly when it suits you. Use a large Pyrex bowl and do not cover whilst cooking. Jars can be sterilised and warmed just prior to use by putting a little water in 3-4 jars and heating on high power for around 3 mins.

(makes approx 2 lb)

## **Ingredients:**

675g (1.5 lbs) tomatoes  
225g (8oz) cooking apples, peeled, cored and sliced.  
1 medium onion, chopped.  
100g (4oz) granulated sugar  
30 ml (2 tbspn) tomato puree  
5ml (1 tspn) salt  
200ml (7fl oz) white distilled vinegar  
10 ml (2 tspn) ground ginger  
2ml (.25 tspn) cayenne pepper  
3ml (.5 tspn) mustard powder.

## **Method:**

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cook on **HIGH** power for 25-30 mins. Or until the mixture is thick with no excess liquid. Stir every 10 mins.
4. Leave to stand covered for 10 mins. Then stir and pour into sterilised jars. Cover and label.

Submitted by Nina Talbot