



Spicy Marrow Chutney

Prep time: 10 minutes + resting time 10-12 hours

Cooking time: 90-120minutes

Per tablespoon

Calories: 48

Fat: 0.2g

Saturates: 0g

Carbs: 11.1g

of which sugars: 10.8g

Fibre: 0.3g

Protein: 0.5g

Salt: 0.02g

Ingredients:

- 1.5kg marrow, deseeded and cut into small cubes (1/2 cm square)
- 2 red onions, peeled and finely diced
- 250g sultanas
- 250g muscovado sugar
- 300ml malt vinegar
- 400ml apple cider vinegar
- 3cm piece of fresh ginger, finely grated (do not peel)
- 2 tsp dried chilli flakes
- 1/2 tsp fresh ground black pepper
- 2 tbsp salt

Instructions:

Place the diced marrow into a large bowl and sprinkle with the salt, stir to ensure the marrow is evenly coated and place in the fridge for 10-12 hours or overnight.

Rinse the marrow thoroughly in cold water to remove all of the salt residue, drain and place in a large saucepan. Add all of the remaining ingredients and bring to the boil. Reduce the heat to a simmer and cook until the sauce has thickened, this will take approximately 80-90 minutes

Once cooked, remove from the heat and allow to rest for 20-30 minutes.

Spoon carefully into sterilised jars and seal. This will keep for 9-12 months in a cool dark place.