

Beetroot Chutney

Ingredients:

- 3lb Beetroot
- 1 Large onion – finely chopped
- 1lb Cooking apples – finely chopped
- 12oz Sugar
- 1tsp Salt
- 1 pint Spiced Vinegar
- ½ tsp Ground ginger

Method:

1. Boil beetroot in salted water
2. Remove skin and chop finely
3. Put all the ingredients, except beetroot, into a large pan
4. Bring to the boil and boil gently for 30 minutes
5. Add the beetroot and cook gently for 15 minutes stirring often
6. Put into clean hot jars and seal securely immediately
7. Leave for at least 4 weeks before using
8. Will last for over six months unsealed

Note:

Make sure the jars are hot when filling. This can be done placing them in very hot water for 10 minutes or so. Filling cold jars with a very hot liquid can cause them to crack

English / Metric conversion			
1oz = 28g		4 fl oz's = 28.5ml	1tsp = 5ml
4 oz = 112g		10 fl oz's = 285ml	1dsp = 10ml
8oz = 227g		1 pint = 575 ml	1Tbsp = 15ml
1lb = 454g		1¾ pints = 1 litre	
2lb = 908g			
2.2lbs = 1 kilogram		1 gallon = 4.5 litres	