

# Gill's Gourmet Gallery

## Mango chilli chutney

### Ingredients:

6 large ripe mangoes 1.5kg  
2 tablespoon sunflower oil  
2 onions, thinly sliced  
1 large piece fresh root ginger, grated  
1 large whole lemon squeezed with flesh  
2 teaspoons cinnamon  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon mustard seeds  
1 teaspoon ground turmeric  
1 large red chilli, finely sliced  
375ml white wine vinegar or cider vinegar  
400g caster sugar  
1 teaspoon salt

### Method:

Wash and sterilise jam jars or Kilner Jars. Heat the oil in a large pan and add the onion. Fry for a few minutes until soft and add the ginger. Cook on a low heat for 5 minutes until the onion is golden. Add the cinnamon, cumin, coriander and mustard seeds. Fry until toasted. Stir in the turmeric and chilli. Add the lemon and the mango and pour in 400ml water, stir well. Add sugar, salt and vinegar and simmer for approximately 30 minutes until the chutney is thick. Pour into the sterilised jars and seal.

