

MANGO CHUTNEY WITH NIGELLA SEEDS



SERVINGS: 24-40

TOTAL TIME: 75 MINUTES

INGREDIENTS

- 3-6 8oz jars
- 2 cups of sugar
- 1 cup distilled white vinegar
- 4-5 ripe mangoes, peeled and cut into cubes OR 6 cups of frozen mango
- 1 medium onion, chopped
- 1/2 cup of golden raisins
- 1/4 cup finely chopped ginger
- 1 clove minced garlic
- 1 tsp of Nigella seeds
- 1/4 tsp red pepper flakes

DIRECTIONS

1. Combine sugar and vinegar in a pot and bring to a boil, stirring until the sugar dissolves
2. Add the remaining ingredients and simmer, uncovered, until syrupy and slightly thickened for 45-60 minutes. Stir occasionally.
3. Pour into clean, hot jars leaving 1/2 inch headspace and close jars. (If you skip the canning stage, mango chutney will keep in a tightly sealed jar in the fridge for at least a month or in the freezer for up to 3 months)
4. For shelf stable storage/canning: process in hot water by putting jars on a canning/metal rack in a large pot and covering the jars with water until there is about an inch of water over the top of the jars. Bring to a rolling boil and boil for 15 minutes. Remove jars from the pot and let sit in a room temperature place to cool.
5. Serves great as a glaze for meat, as a side on a cheese board, or even spread on sandwiches.