

## Courgette Relish

Makes 2 x 500ml jars, takes 45 minutes plus standing overnight.

It is very important to rinse the vegetables thoroughly to remove the excess salt. If you are not thorough in patting them dry, you will need to cook the relish for longer to boil off the excess water.

1kg (2lb 4oz) courgettes, finely grated  
2 large onions, finely grated  
2 red peppers, finely sliced  
5 tablespoons salt  
1 litre (1  $\frac{3}{4}$  pints) white wine vinegar  
2 tablespoons ground turmeric  
300g (10  $\frac{1}{2}$  oz) caster sugar  
1 tablespoon mustard powder  
1 tablespoon cornflour  
1 tablespoon black peppercorns  
2 tablespoons celery seeds

1. Put the courgettes, onions, peppers into a large bowl and sprinkle with the salt. Cover and leave to stand overnight. Rinse and drain well then pat dry on kitchen paper. (A similar process is used for things like piccalilli).
2. Put the vegetables and remaining ingredients into a large pan or preserving pan and bring slowly to the boil, stirring often until the sugar has dissolved completely. Simmer gently for about 20 minutes.
3. Remove the pan from the heat. Allow the relish to cool briefly before pouring into hot sterilized jars and sealing. Allow it to cool completely before labelling. The relish is ready to eat the next day, but can be stored for up to 6 months. Once open, eat within a week.

## Bandstand Beds

## Chutneys and Relishes



## Workshop with Diana Linskey

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## References

*Preserves* by Pam Corbin

*500 Recipes for Jams, Pickles, Chutneys* by

Marguerite Patten

*Women's Institute Book of Preserves* by Carol Tennant

## Chutneys and Relishes – Hints and Tips

Traditional chutneys are a slow cooked mixture of fruit and vegetables, with sugar and vinegar, usually spiced, sometimes with the addition of dried fruit. Relishes are similar to chutneys, but cooked for a shorter time with less vinegar. For this reason, a relish will also have more distinct individual ingredients.

Do not attempt to cut down on the quantity of sugar or vinegar in a chutney recipe as this is the preservative. It is best not to put all the vinegar in at once as this can take away the flavour of the ingredients. You can start a chutney with a quarter of the vinegar and cook the onions first until soft as these often take the longest time to cook. Add the rest of the fruit and vegetables, simmer till soft, and then add the sugar. Modern recipes often put everything in at once, which I am sure works well, just not the way I started out using Marguerite Patten!.

Chutneys need to cook for a long time. They need to be stirred from time to time and watched in case they catch on the bottom of the pan. To test whether your chutney is ready, use a wooden spoon to drag a channel through the mixture exposing the bottom of the pan. If the channel immediately fills with liquid, your chutney is not yet ready. If the channel remains open for a few seconds your chutney is ready for potting.

Pour the chutney/relish into jars while still hot, filling to the neck of the jar. Use a jam funnel, worth every penny not only saves mess but helps not to touch hot jars. Pack down to remove air pockets. Cover very well but beware the jars will be very hot, handle with oven gloves or tea towels. You can re-use lids from commercial jars but you must ensure lids are not damaged in any way or the seal will not be perfect.

Sterilizing jars – you can immerse in a pan of water and bring to the boil; or wash in very hot soapy water, rinse thoroughly then dry in a in a very low oven; or put them through a dishwasher. Lids can be immersed in boiling water.

Label jars when cold. Useful to add ingredients list in case of allergies, for example malt vinegar contains gluten, and a date!

## Tomato Relish

Makes 3 x 500ml jars, takes 1 ¾ hours.

1.75kg (4lb) firm ripe tomatoes, skinned (optional) and roughly chopped  
1 kg (2lb 4 oz) onions, finely chopped  
1 garlic clove crushed  
½ teaspoon chilli flakes  
1 teaspoon mustard seeds  
1 teaspoon ground ginger  
1 tablespoon chilli powder  
1 teaspoon salt  
750g (1lb 10oz) caster sugar  
100g (3 ½ oz) light brown soft sugar  
450 ml malt vinegar

1. Put all the ingredients except the sugars, vinegar and salt, into a large pan or preserving pan. Bring slowly to the boil and simmer gently, uncovered, until the mixture thickens. Add the sugars and vinegar and cook for a further 20 minutes until thickened, Add salt to taste.
2. Remove the pan from the heat. Allow the relish to cool briefly before pouring into hot sterilized jars and sealing. Allow it to cool completely before labelling. The relish is ready to eat the next day, but can be stored for up to 6 months. Once open, eat within a week.

## Cucumber Relish

Makes 3 x 500ml jars, preparation and cooking 1½ hours.

3 large cucumbers  
300g carrots, grated  
2 large onions, grated  
1 large green pepper, de-seeded and finely sliced  
1 tablespoon salt  
1 litre (1 ¾ pints) white vinegar  
300g (10 ½ oz) caster sugar  
1 teaspoon mustard seeds  
5 tablespoons cornflour  
1 teaspoon turmeric  
1 teaspoon celery seeds

1. To prepare the cucumbers, halve them crosswise then again lengthwise to give 4 pieces. Using a teaspoon, scoop out the seeds. Grate the cucumbers coarsely or cut into very fine dice if you prefer and have the time.
2. Put the prepared cucumbers, carrots, onions, and green pepper into a large colander. Sprinkle with the salt and set aside in the sink for 30 minutes. Rinse well then pat dry on kitchen paper.
3. Put the vegetables and remaining ingredients into a large pan or preserving pan and bring slowly to the boil, stirring often until the sugar has dissolved completely. Simmer gently for about 30 minutes.
4. Mix the cornflour with 5 tablespoons water. Add this to the pan, stirring well. Simmer for another 5 minutes until thickened. Remove the pan from the heat. Allow the relish to cool briefly before pouring into hot sterilized jars and sealing. Allow it to cool completely before labelling. The relish is ready to eat the next day, but can be stored for up to 6 months. Once open, eat within a week.

## Piccalilli

Makes 3 x 340g jars

1kg washed, peeled vegetables – select 5 or 6 from the following:  
Cauliflower, or Romanesco cauliflower, green beans, cucumbers, courgettes, green or yellow tomatoes, small onions or shallots, peppers, nasturtium seeds pods.  
50g fine salt  
30g cornflour  
10g ground turmeric  
10g English Mustard powder  
15g yellow mustard seeds  
1 tsp crushed cumin seeds  
1 tsp crushed coriander seeds  
600 ml cider vinegar  
150g granulated sugar  
50g honey

1. Cut the vegetables into small, even bite sized pieces. Place into a large bowl and sprinkle with the salt. Mix well. Cover the bowl with a clean tea towel and leave in a cool place for 24 hours, then rinse the veg well with ice-cold water and drain thoroughly.
2. Blend the cornflour, turmeric, mustard powder and seeds, cumin and coriander to a smooth paste with a little of the vinegar. Put the rest of the vinegar into a saucepan with the sugar and honey and bring to the boil. Pour a little of the hot vinegar over the blended spice paste, stir well and return to the pan. Bring gently to the boil. Boil for 3-4 minutes to allow the spices to release their flavours into the thickening sauce.
3. Remove the pan from the heat and carefully fold the well-drained vegetables into the hot, spicy sauce. Pack the pickle into warm sterilized jars and seal immediately with vinegar-proof lids. Leave for 4-6 weeks before opening.

## Seasonal Chutney from Preserves by Pam Corbin

Takes about 4 hours to make, makes 10/11 340g jars

1kg marrow or overgrown courgettes (peeled if using marrow and diced)  
1kg green/red tomatoes diced  
500g cooking apples  
500g onions  
500g sultanas  
500g soft brown sugar  
600ml cider vinegar or white wine vinegar  
2 tsp dried chilli flakes  
Pinch of salt

Spice bag - 50g fresh root ginger bruised, 12 cloves, 2 tsp black peppercorns  
1 tsp coriander seeds.

Tie the above in muslin. (Alternatively use 1 tablespoon pickling spice tied in muslin and add 1 teaspoon ground ginger to the mixture)

1. Put into a preserving pan with all ingredients and bring slowly to the boil, stirring occasionally. Don't hurry it. Let simmer for 2½ - 3 hours. Keep an eye on it and stir regularly to ensure it does not burn. It is ready when it is glossy, thick, rich in colour, and well reduced – but with chunks of fruit and vegetables still clearly discernible. It is thick enough when if you draw a wooden spoon through it the chutney parts to reveal the base of the pan for a few seconds.
2. Pot the chutney while warm in sterilised jars. Pack down with the back of a spoon to remove air pockets. Seal with vinegar proof-lids. Store in a cool dark place and leave for a couple of months before using. Use within 2 years.

This is essentially Hugh F-W's classic Glutney, or River Cottage Chutney. As long as you stick to a similar ratio of fruit/veg to sugar and vinegar you can use whatever glut of fruit and vegetables you are faced with.

## Diana's Apple Chutney based on Marguerite Patten's recipe

500g (1 lb 2oz) onions (finely chopped)  
1kg (2 lb 4oz) Apples (after peeling and coring)  
450 ml (¾ pint) vinegar  
125g (4 oz) sultanas or raisins  
1 tablespoon pickling spice  
1 teaspoon ground ginger  
1 tablespoon paprika  
1 teaspoon salt  
1 tablespoon ground coriander  
350g (12 oz) brown sugar

1. Put the onions into a preserving pan with about a third of the vinegar and simmer until nearly soft.
2. Add the chopped apples, dried fruit, salt, ground ginger spices (tie the pickling spice up in a muslin bag) and just enough vinegar to stop the mixture from burning.
3. Cook gently until the fruit is soft, stirring from time to time. Add the remainder of the vinegar and thoroughly stir in the sugar.
4. Boil steadily until the chutney is thick. Remove the pickling spices. Pour into hot jars and seal tightly.
5. Store in a cool, dry place. Leave for a couple of months before using.