

Cherry balsamic chutney



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Preparation: about 30 minutes

Cooking: about 50 minutes

Makes: 1 1/2 cups

700g fresh cherries, pitted*

1/2 cup firmly-packed brown sugar

1/3 cup currants

1/4 cup balsamic vinegar

1 cinnamon stick

3 cloves

** A handy cherry pitter that makes pitting very easy is available from kitchenware shops.*

1. Combine cherries, brown sugar, currants, balsamic vinegar, cinnamon stick and cloves in a medium saucepan (do not use an aluminium pan). Cook, stirring constantly, over medium-low heat until sugar dissolves. Bring to the boil. Reduce heat to low and simmer, uncovered and stirring occasionally, for 35–40 minutes until thick and cherries are tender.
2. Pour into a warm sterilized jar. Seal jar when cold. Store in the fridge for up to 4 weeks.

Serving suggestions:

- Spoon chutney over sliced cold turkey or ham on crusty bread
- Serve with chicken or pork sausages and a leafy green salad
- Team chutney with cheese and crackers



Cherries

- A source of vitamin C. This vitamin helps the body defend itself against infections.
- The carbohydrate found in cherries has a low glycemic index (GI), which means it is slowly absorbed and will provide long lasting energy.