



Peach, Currant and Cilantro Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



100

CALORIES



18 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 2 bay leaves
- ☐ 0.5 cup currants dried black
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoon cumin seeds
- ☐ 3 curry leaves
- ☐ 1.5 teaspoons fennel seeds
- ☐ 1.5 tablespoons ginger fresh minced

- ☐ 1 cup granulated sugar
- ☐ 1.5 teaspoons ground coriander seeds
- ☐ 1 lemongrass stalk smashed cut into 1-inch lengths and
- ☐ 0.5 cup brown sugar light
- ☐ 2.5 pounds firm-but-ripe peaches
- ☐ 1.5 teaspoons pink peppercorns
- ☐ 100 servings salt
- ☐ 1 small shallots minced (small)
- ☐ 5 canning jars with lids and rings
- ☐ 5 canning jars with lids and rings

Equipment

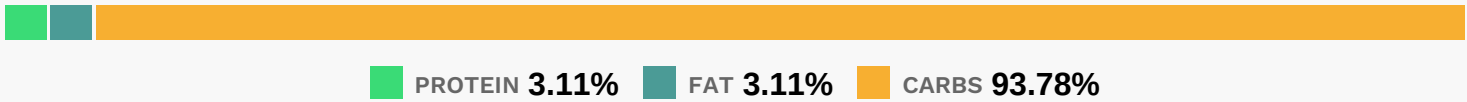
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ canning jar

Directions

- ☐ Fill a large pot with water, cover and bring to a boil.
- ☐ Add the canning jars, lids and rings along with a set of tongs and a ladle and simmer over low heat for about 10 minutes to sterilize. Cover the pot and turn off the heat.
- ☐ Set a metal rack in another large pot. Fill the pot with water, cover and bring to a boil.
- ☐ Add the peaches and boil until the skins loosen, about 30 seconds. Using a slotted spoon, transfer the peaches to a large rimmed baking sheet and let cool. Peel the peaches, then halve and pit them and cut into 1/2-inch dice.
- ☐ In a large skillet, combine the cider vinegar with the granulated and brown sugars and bring to a boil to dissolve the sugars.

- ☐
- Add the shallot, currants, ginger, cumin seeds, lemongrass, coriander seeds, fennel seeds, curry leaves and bay leaves and simmer over moderate heat for 5 minutes.
- ☐
- Add the peaches and simmer over moderate heat until tender, about 4 minutes. Discard the lemongrass, curry leaves and bay leaves. Stir in the cilantro and pink peppercorn and season with salt.
- ☐
- Using the sterilized tongs, remove the jars from the hot water and transfer them to a large rimmed baking sheet. Ladle the chutney into the jars, leaving 1/2 inch of space at the top. Using the tongs, place the lids on the jars followed by the rings. Screw on the lids securely but not too tightly.
- ☐
- Using canning tongs, lower the jars onto the rack in the pot of boiling water, making sure they are covered by at least 1 inch of water. Boil the jarred chutney over high heat for 15 minutes. Using the canning tongs, transfer the jars to a rack to cool until the lids seal (they will look concave); refrigerate any jars that do not seal. Store the chutney in a cool, dark place for up to 6 months; if the chutney separates, stir to combine before serving.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:0.67478260721849%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 18.43kcal (0.92%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 4.27g (1.55%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 195.94mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 2.13mg (2.59%), Vitamin B3: 0.45mg (2.24%), Manganese: 0.03mg (1.62%), Folate: 4.4µg (1.1%)