



Mango Chutney - Parqueoliva or organic Rincon

Makes 1 cup

Reduced Sugar Recipe

Ingredients:

2 large mangoes	Cut into small pieces	5	cardamom pods
(FIRM...not completely ripe)		½ tsp	Coriander seeds, crushed
1/3 cup	rice vinegar	1	bay leaf
2/3 cup (approx.)	fresh apple cider	½ tsp	Sea salt
1/4 cup	brown sugar (or less to taste)	Optional:	1 Small fresh red chili, split
1 inch	fresh ginger grated	¼ cup	Parqueoliva or Rincon EVOO
1 garlic clove	Crushed or grated		

Method:

1. Put mango pieces into pan, add liquids and cover. Cook over low heat for **10 mins**.
2. Stir in remaining ingredients and bring to boil slowly, stirring.
3. Lower heat and simmer gently for 30 minutes until syrupy – may need to top up with additional apple cider if liquid has evaporated at step 2 above.
4. Cool and stir in oil.