

Rita`s Mango Chutney

Rita Perkins - Miami, FL

Treasure Classics - National LP Gas Association - 1985

Yield: 2 quarts

*1 pound sliced mangoes
1/4 pint water
4 bay leaves
5 teaspoons salt
2 ounces dried dates
1/4 pint vineagr
1 pound sugar (or 1-1/4
cups honey)
1/2 teaspoon ground cloves
1/2 teaspoon Tabasco
sauce
1/4 teaspoon crushed red
pepper
1 teaspoon ground
cinnamon
1/2 teaspoon nutmeg
1 teaspoon black cumin
seeds
1 teaspoon ground ginger
1/2 teaspoon crushed
brown cardamom
2 ounces toasted almonds
1 ounce pistachio nuts
2 ounces dried raisins
1 teaspoon lime juice*

Preparation Time: 20 minutes

Cook Time: 40 minutes

Slice the mangoes and place in a pot. Add the water, bay leaves and salt. Cover and simmer until softened. Stir frequently.

Simultaneously, simmer the dates in vinegar until soft. Remove the dates. Cool and shred.

Dissolve the sugar in vinegar and add to the mangoes while stirring. Add the dates and spices. Cook until the mixture becomes a thick puree'.

Add the almonds, pistachios, raisins and lime juice. Simmer until thick. Cool and pour into sterile jars.

(This may be served over cream cheese, with crackers, or may be used as a relish with meat.)

Per Serving (excluding unknown items): 441 Calories; 36g Fat (69.2% calories from fat); 15g Protein; 22g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 10684mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat.