

# Mango Chutney

*This is a lovely condiment for curry dishes and also serves as a great holiday gift!*

**Preparation and Canning Time:** 1 ½ hours

**Yields:** 12 Cups

## Ingredients:

1 ⅓ cup sugar or 1 cup xylitol  
1 cup cider vinegar  
2 medium limes, Juiced  
1 teaspoon ground clove  
1 teaspoon ground cardamom  
1 teaspoon cardamom seeds  
1 teaspoon cayenne pepper  
1 teaspoon sea salt  
8 large mangos, firm not overripe  
4 tablespoons ginger root, peeled and minced  
2 cups onion, minced  
1 cup raisins  
1 cup dried cranberries

## Directions:

Have ready a large canning pot with water and bring to a boil. Sterilize the utensils you will use including canning jars and lids. You can use any size canning jars you like, yielding 12 cups.

In a large saucepan, bring the sugar, vinegar, lime juice, cloves, cardamom, cayenne, and salt to a boil, then lower heat and simmer for 30 minutes.

Meanwhile, peel mangoes and remove pulp from the seed. Dice pulp and combine with the minced ginger, onion, raisins, and cranberries. Add these to the vinegar solution and bring to a boil once more. Lower heat and simmer for another 5 minutes.

As soon as the chutney is done simmering, remove the sterilized jars and set them on the counter. Carefully fill each jar with the chutney allowing only about 1/4 to 1/2 inch of space from the rim. To ensure rims are perfectly clean, wipe them with a wet paper towel (dipped in the boiling water), then immediately seal the jars with the new sterilize canning lids and hand tighten.

Place the filled jars in a boiling water bath for 5 minutes (be sure the water is at a rolling boil and that you have each jar covered with at least 2 inches of water from the top of the jar to the surface).

Remove jars from the water and allow to cool. Once the jars have cooled, check each lid to make sure it is sealed properly. The jar should have created a vacuum and the lid should be flat.

You are now ready to label and date your jars.

Enjoy!

Steven Masley, MD