

Beetroot Chutney

8 cups grated zucchini
4 grated onions
5 cups grated beetroot
3 cups sugar
2 cups herbed/spiced vinegar
¼ cup salt

Place grated veg in bowl and stir in the salt. Stand for 30 mins, stirring at intervals. Drain and rinse, then boil together with vinegar and about a tbl sp mustard seed or powdered mustard. Cool slowly for 15 minutes then thicken with 4 tbl sp corn flour mixed with spiced vinegar. Simmer for about another 5 mins, stirring occasionally. Pour into heated jars and seal.

Spiced vinegar for Pickling

For each litre of vinegar (cider, white, malt or wine) add 1 dst sp pickling spices and 2 tsp sugar. Simmer together for about 20 mins. Pour hot if requested or let stand to add cold later. (Can be required sweeter for some veg such as gherkins.)

Happy Preserving!

Shona Olykan