

## ELDERBERRY-APPLE CHUTNEY (SPICY)

Makes 1 pint

### EQUIPMENT/UTENSILS:

Food processor w/ wing knife, cutting board, paring knife, french knife, stainless steel sauce pan, lemon press.

- 1 1/2 Cups Elderberries (frozen with stem pieces & leaves -- chaff)
- 1 Cup Apples, diced
- 1/2 Cup Red onions, diced
- 1/2 Cup Craisins or sultanas
- 1 Cup Wine vinegar
- 1 1/2 Cups Water
- 1/2 Cup Organic sugar or Tagatose sweetener
- 1 tsp Ginger root, chopped
- 1/2 tsp Sea salt
- 1/4 Cup Lemon juice

### SPICES:

- 1/2 tsp Cayenne or red pepper flakes (hot version)
- 1/2 tsp Ground cloves
- 1/2 tsp Ground allspice
- 1 tsp Ground ginger
- 1/2 tsp Mustard seeds

1. In food processor dice apple wedges and quartered onions using pulse.
2. In stainless steel sauce pan simmer onions and apples with vinegar, water, all spices until transparent.
3. Add elderberries and craisins then simmer slowly until thicker (through pectin release). Approximately 15 minutes with cover.
4. Fill into glass jars for refrigerator storage or can it.

Best served as a condiment with grilled meats i.e. chicken breast, pork tenders, turkey breast slices, venison, game birds, smoked ham steak, buffalo steak, barbeque pork ribs (cajun), also with breakfast, scrambled eggs, bacon or

### ELDERBERRY CHUTNEY COOKING CONCEPT

All meats or poultry slices or medallions are marinated in various oils with distinct spice mixes such as curry, cajun, greek, etc.

As entree presentation (5 to 6 oz. portion), best served with rice, quinoa, linguini, polenta, corn on the cob.

*Mitterhauer's*  
"AMERICAN RECIPE"

## PRACTICAL POINTERS FOR RECIPES

### ELDERBERRY CHUTNEY

Use food processor to chop apples, onions, ginger root.

Dry spice mix made ahead in jar.

Do not use aluminum sauce pan.

Following regular canning procedure, chutney is preserved in 10 to 12 oz. jars for convenient condiment. With broiled meats marinating portion sized poultry i.e. chicken breast (6 oz.) with different spice mixes and good oil (olive, grape seed, sesame, sun flower). A sensation for thy palate is achieved especially by broiling on a charcoal grill with wood chips (jute, mesquite, apple, birch). It is a fast and tasty outdoor cooking concept, however, cast iron pans on the stove indoors are next best.

Furthermore, chutney gift boxes with spice mix and cooking concept booklets are a good merchandising system for stores, shows & counter displays. In my restaurant, Mitterhauser La Cuisine, we displayed gift boxes with 6 different chutneys while featuring them on the menu also.



ONE OF THE 6 LABELS

DRY SPICE MIXES:

CAYUN

GREEK

HUNGARIAN

ITALIAN