

CHOKO CHUTNEY GF DF Low FodF

Gluten free, Dairy free, low salicylate & amine

Ingredients:

7 choko's (about 1.2 kg when peeled & diced)

4 shallots (do not use the white tips)

2 tblsp canola oil

$\frac{3}{4}$ tsp saffron threads

2 tsp citric acid

$\frac{1}{2}$ cup brown sugar

1 $\frac{1}{2}$ cups water



Methods:

Peel and finely dice the chokos (about $\frac{1}{2}$ cm cubes)

Finely chop the shallots

Place the oil in a large pan over high heat

Place the choko and shallots in the pan and stir fry for 5-10 minutes

Add the remaining ingredients

Reduce heat to simmer

Simmer for about 30 minutes or until the liquid has reduced and thickened

Pour into sterilized jars, cool and refrigerate

Keeps about 3 weeks