



# Chutney

Chutney is a relish-type condiment usually made from a variety of fruits, seasonings, sugar, and vinegar. Newer recipes have been developed using both green and ripe tomatoes and other vegetables.

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Traditional chutney recipes include raisins and nuts; many recipes today replace them with apples, ginger root, dates, or other dried fruit. The combination of ingredients results in a sweet-sour blend. Chutneys can vary from chunky to smooth in texture and from mild to hot in flavor. Chutney usually has a saucier texture than relish or

salsa.

## How is chutney used?

Chutney complements a wide range of foods.

- Serve as an accompaniment to curried dishes.
- Serve chutney with poultry or baked seafood.
- Use it as a sandwich spread.
- Incorporate it in a dip.
- Use it as an ingredient in meat salads or casseroles.
- Serve it with cheese and crackers.

## Is it possible to can chutney?

Like pickles, the low acid peppers, onion, and seasonings used in chutney must have added vinegar to make the mixture acid enough for safe canning. Canning chutney is like canning salsa and relishes.

## What makes canned chutney safe?

- The acidity from the added vinegar and the natural acids of the fruit prevents growth of several spoilage and pathogenic bacteria, molds, and yeasts.
- Cooking the mixture to concentrate it lowers available moisture that is needed for microbial growth.
- The cooking step also kills most microorganisms that may be present.
- Processing the filled jars in a canner uses additional heat to kill spoilage organisms that might contaminate the product as jars are filled and to produce a vacuum seal for later storage.
- If the two-piece canning lid is applied correctly, air is driven out of the headspace while the jar is in the canner and a vacuum seal is formed upon cooling.
- For most chutneys a boiling water or atmospheric steam canning process is adequate, but chutneys with a high vegetable content may require a pressure process. Use a research tested recipe and follow processing guidelines.
- During storage in the sealed jar, oxygen and additional microbial contamination is kept from the product.

## Are there recipes for making chutney?

Use only [research based recipes](#) to make chutney that will be canned. Remember, there must be adequate acidity in the chutney to prevent spoilage; never reduce the amount of vinegar or lemon juice in a chutney recipe.

## Why does chutney turn dark during storage?

Sometimes you will notice changes in the quality of chutney during storage. If too much air remains in the jar (from improper headspace or inadequate processing), the oxygen in the jar will react with food components that lead to deterioration of the product such as undesirable changes in color, texture, and flavor.

