



## Fairtrade Mango Chutney

This makes loads and is great with cheese and cold meats, on jacket potatoes and with curries and dahls. Works equally well using Tropical Wholefoods Fairtrade sun dried apricots and Tropical Wholefoods chewy banana chips instead of the dried mango.

### Ingredients

200g Tropical Wholefoods Organic Fairtrade Mango  
½ tsp Panchporan (see below)  
2tbs sesame oil or vegetable oil  
1 to 2 tsp of chilli flakes depending on how hot you like your chutneys to be  
2.5cm cube of ginger peeled and finely sliced  
2 good size garlic cloves mashed to a pulp  
1 tsp salt  
2 tbs brown sugar

**Panchporan** is a Bengali spice mixture consisting of:

2 tsp whole cumin seeds  
2 tsp whole fennel seeds  
1 tsp whole black onion seeds (also known as nigella or kalonji seeds)  
¾ tsp whole fenugreek seeds  
2 tsp black mustard seeds

### Method

1. First soak your dried mango in enough water to submerge it. Leave for 20 minutes.
2. Drain, keeping the soaking liquid, then roughly chop the mango in a food processor.
3. Meanwhile make up your Panchporan mixture. Heat oil in a heavy pan. When hot put in ½ teaspoon of Panchporan, storing the remainder in a jar for future use. Let spices pop and sizzle for a few seconds only.
4. Now put in the chilli flakes. Stir once and add ginger and garlic. Stir for 5 seconds.
5. Now add the soaked and chopped mango, salt and sugar. Add about a cup of the soaking liquid. Simmer on a low flame until the chutney begins to thicken and take on a glazed look (about 15 minutes.) If the chutney looks dry, add some more of the soaking liquid.
6. Serve at room temperature. Store in a jar in the fridge.



