Raby Redcurrant & red onion relish



**Preparation total time 55 Min**

Makes one 400grm pot

Nutrition: per serving (1 Tablespoon)

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Kcal  57 | Fat  2g | Saturates  0g | Carbs  11g | Sugars  9g | Fibre  1g | Protein  1g | Low in Salt  0.41g |

A delicious sweet chutney, perfect for every occasion, especially with our homemade sausage rolls

**Ingredients**

* 200g Red Currants
* 140g Light muscovado Sugar
* 200ml Red wine Vinegar
* 2 Medium Red Onions- Peeled and cut into wedges
* 1 Medium Red Pepper- seeded and chopped
* 2 Cloves of garlic.
* 20g Fresh Ginger Grated
* 1 tsp Five Spice
* 1 Small red chilli, seeded and chopped
* 2 Tbsp olive Oil

**Method**

1. Roll the onions with red peppers and Olive Oil in a frying pan for 5-8 min over a high heat until lightly charred and softened. Remove from the pan and set aside.
2. Put the chilli, garlic and ginger in the pan with half the vinegar. Bring to the boil then simmer for 2-3 min. Add the onions and pepper plus remaining vinegar, all the sugar, spice and 1tsp salt.
3. Bring to the boil then simmer for 5 min until thickened. Add redcurrants and simmer for about 5 mins more.
4. Remove and pour into a large heatproof Jar and seal whilst hot
5. Will keep in fridge for up to 3 weeks.

Recipe by Estate Chef Tom Parry