

LIA'S QUICK APPLE CHUTNEY

For this recipe, reduce the amount of vinegar if using tart apples.

- 7 apples, peeled, cored, and cut into chunks
- 1 large onion, diced
- 5 cloves of garlic, minced
- 2 inches of ginger, peeled and finely minced
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 teaspoons garam masala (see recipe below)
- 1 tablespoon high heat oil, such as sunflower or peanut

In a 4-quart saucepan, heat the oil on a medium high heat. When the oil is hot, add the onions and sauté until clear, about 3 minutes. Add the garlic and ginger, stir and cook for 2 minutes. Add the garam masala, stir for a few seconds, then, add the apples, vinegar, lemon juice and honey. Bring to a boil and lower heat to simmer until the apples are soft, about 7 minutes. Serve as an accompaniment to curry, meats, toast, etc.

GARAM MASALA

- 1/16 cup ground cumin
- 1/16 cup ground coriander
- 1 tablespoons + a dash ground cardamom
- 1 3/4 teaspoons cinnamon
- 1/4 teaspoons ground cloves
- 1 3/4 tablespoons ground black pepper
- 1/8 teaspoon ground mace

Mix and store in a glass container in cool, dry place.

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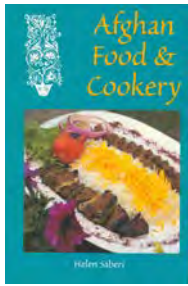
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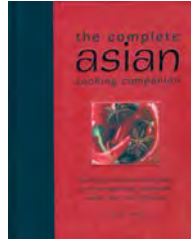
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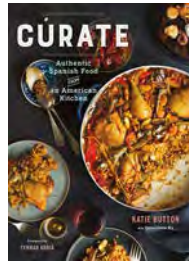
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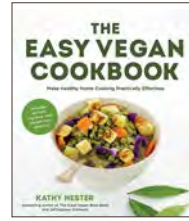
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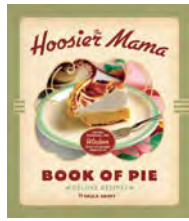
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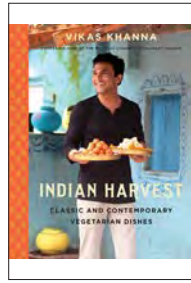
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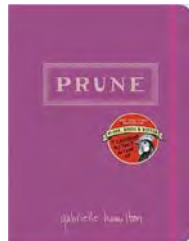
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