

Low Sodium Tamarind Chutney

Roughly chop

1 Medium onion to give 80g)

½ Cup of dried Apricots (80g)

Measure out

1 ½ Cups of Water.

Process the above in a food processor or blender to a paste using some of the water.

Add the remainder of the water.

Roughly crush in a mortar and pestle (you can use whole).

1½ Teaspoons Cumin Seeds

¾ Teaspoon fennel seeds

Place them in a pot and add

¾ Teaspoon Cayenne Pepper

¾ Teaspoon Garam Masala

¾ Teaspoon Ground Ginger

¾ Teaspoon Yellow Asafoetida powder (See your Indian grocer)

1 Tablespoon of Canola oil

Cook for a couple of minutes to get colour in the spices.

Add the processed Onion Apricot paste and

1½ Cups of Sugar

3 Tablespoons Jeeny's Tamarind Purée (Woolworths & Coles)

or at lower cost Pantainorasingh brand Tamarind paste from Asian shops.
(or other but untested).

Slow boil with stirring for about ½ hour until thickened and dark.

The following is not guaranteed but may help if you are unsure about the final consistency.

Put a heat proof mat on your digital scales and weigh it and the pot you are going to use.

Before cooking weigh the pot, mat and contents and work out how much it should all weigh when the **contents** have reduced by 1/5. The aim is to get to that weight when the half hour of simmering is finished. The normal description of the consistency required is "it will coat the back of a spoon".
(for every teaspoon you add at the adjustment stage (roughly 5g) add 4g to your target weight)

About half way through cooking you can adjust the sweet/sour balance with a little more sugar or tamarind.

Makes about 800g. Based on the tamarind purée labelled sodium level of 64mg/100g the chutney should have a sodium level of about 15mg/100g.

It should keep well in the refrigerator.