

Apple Chutney



When the onions are caramelized they lose their strong flavor and become sweet. Sweet is what we want! You need to get the onions to a nice golden brown. This takes time and constant attention so they don't burn. The two most common mistakes are that the onions are burnt or not caramelized enough. Makes 8 (4 oz.) servings.

- 2 C. (1 lb.) Red onion, thinly sliced, julienne
- 2 quarts (3 lbs.) Apples, diced and peeled
- 2 T. (1 oz.) Butter
- 1/2 C. (3 oz.) Brown sugar
- 1/2 C. Water
- 2 t. Cinnamon
- 1 C. Dried cherries, or currants or raisins
- 1/2 t. Kosher salt



Nutrition Facts	
Serving Size 4.00 ounce(s) (113g)	
Amount Per Serving	
Calories	148
Calories from Fat	23
%	
Total Fat 2.6g	
Saturated Fat 1.6g	
Trans Fat 0.1g	
Cholesterol 6.5mg	
Sodium 126.9mg	
Total Carbohydrate 32.6g	
Dietary Fiber 2.2g	
Sugars 25.9g	
Protein 0.7g	
Vitamin A	2 %
Calcium	2 %
Vitamin C	7 %
Iron	1 %

Directions:

- In a large sauté pan over high heat, melt butter.
- After the foam has subsided add the onions and sauté until caramelized.
- Meanwhile, heat water and brown sugar in a small saucepan over low heat, stirring frequently, until sugar is dissolved. Remove from heat.
- Once onions are caramelized, add diced apples and brown sugar syrup, cover, and steam about 5 minutes. Remove cover, and continue to sauté until apples are tender, and syrup has thickened, about 5 more minutes.
- Turn off heat and mix in cinnamon, salt, and dried cherries.
- Serve with crackers, or over grilled pork chops or your favorite Scottish banger sausages.

Contributor: Chef Garrett, CSU Aspen Grille. Modified by the Kendall Anderson Nutrition Center.



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