

Aspects food by design

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Pickled Onion Relish

makes about 6 medium jars

Ingredients

Splash olive oil

1 lrg chilli

700g pickled onions in vinegar

400g dark red plums

1 tsp smoked paprika

200g soft brown sugar

1 tbsp black treacle

100g dried cranberries

100g chopped dates

Method

Lightly heat the olive oil in a heavy bottomed pan.

Finely chop the chilli and add to the oil, lightly fry for a minute.

Drain the pickled onions, reserve the vinegar. Dice the pickled onions and add to the chilli in the pan. Lightly fry for a few minutes until the onions start to caramelise.

Stone and chop the plums into chunks, then add to the pan.

Add the smoked paprika and stir-in gently.

Add the sugar, again stirring-in gently and then the treacle.

Add the dried cranberries and chopped dates, stir gently, then slowly add the vinegar.

Slowly simmer for about 30 minutes, then allow to partially cool before spooning into jars.

Let the relish cool completely before placing-on the lids.

Enjoy now with cold meats and strong cheese, or leave to mature.

Allergen advice

Contains: sulphites