



Nick Troubetzkoy's
JADE MOUNTAIN
St. Lucia

Very Mango Chutney

Select: Francine mango

Ingredients to Serve- 5 cups

2	cups	Brown sugar
1 ½	cups	Cider vinegar
2	medium	Onions, chopped
3	cloves	Garlic, minced
2	tablespoons	Finely chopped ginger
1	small	Red scotch bonnet, seeded and minced
1	Teaspoon	Cinnamon
1	tablespoon	Sea Salt
4	large	Very Ripe mangos, cut in large dice
1/2	cup	Lime juice
1	cup	Raisin

To Prepare the Chutney:

In a large sauce pot over medium high heat, combine the sugar and vinegar bringing the mixture to a boil. Add the onions, garlic, ginger, scotch bonnet, cinnamon and salt. Let this come back to a boil and simmer for 15 minutes. Stir in the mango, lime juice and raisins. Simmer for another 10-15 minutes until the mixture becomes the consistency for a marmalade.



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Green Mango Chutney

Mango chutney is an invaluable condiment in India. Most of the multitude of recipes use green mangos. I like to use the mature green Kent mango for this chutney, but any green mango may be used.

Ingredients to Serve- 6 cups

2	small	Serrano chiles, seeded and minced
1	cup	Raisins
1	cup	Dates, pitted and finely chopped
3	cups	Malt vinegar
3	large	Mature green mangos, peeled, cut from the pit, and cut into ½ - inch cubes
3	cups	Packed brown sugar
2	tablespoons	Kosher salt
2	cloves	Garlic, minced
2	tablespoons	Minced fresh ginger
2	large	Onions, diced
1	teaspoon	Cumin seeds
1	teaspoon	Mustard seeds

To Prepare the Chutney:

In a large saucepan, combine the chiles, raisins, dates, and vinegar. Let steep together for 1 hour. Stir in all the remaining ingredients. Cook at a slow simmer over medium-low heat for about 1 hour, or until the mangos are soft and the mixture has thickened. Spoon the chutney into hot, sterilized jars and seal each with an airtight cover. Refrigerate for at least 24 hours before using. The chutney will keep, refrigerated, for up to 3 months.



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Quick Ripe Mango Chutney

Our American palette is more accustomed to the combination of sweet with heat, as in this chutney. The mango tends to melt into the mixture. This would be wonderful served with roast pork or even crisp fried chicken.

Ingredients to Serve- 4 cups

2	cups	Packed brown sugar
2	cups	Cider vinegar
3		Onions, chopped
3	cloves	Garlic, minced
2	tablespoons	Minced fresh ginger
1	small	Red scotch bonnet chile, seeded and minced, or serrano chile
2	tablespoons	Kosher salt
4	large	Ripe mangos, peeled, cut from the pit, and cut into 1-inch cubes
1/2	cup	Freshly squeezed lime juice
1	cup	Raisins

To Prepare the Chutney:

In a large saucepan, combine the sugar and vinegar. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Add the onions, garlic, ginger, chile, and salt. Return to a boil, then decrease the heat and simmer, uncovered, for 15 minutes. Add the mangos, lime juice, and raisins. Cook for another 10 minutes, or until the mixture reaches the consistency of marmalade. Spoon the chutney into hot, sterilized jars and seal each jar with an airtight cover. Refrigerate for at least 24 hours before using. The chutney will keep, for at least 24 hours before using. The chutney will keep, refrigerated, for 3 to 4 weeks.