

## Apple-Raisin Chutney

Spice of Life | October 2008



*Serve this chunky applesauce alongside Honey-Glazed Pork Roast.*

PREP: 30 MINUTES COOK: 35 MINUTES

- 3 TBSP. CANOLA OIL
- 3-6 SMALL DRIED RED CHILES
- 1½ TSP. FENNEL SEEDS, CRUSHED
- 1 TSP. CUMIN SEEDS, CRUSHED
- ½ TSP. SWEET PAPRIKA
- 3½ LB. GRANNY SMITH APPLES, PEELED, CORED, QUARTERED, AND THINLY SLICED CROSSWISE
- 1½ TSP. KOSHER SALT
- ¼ CUP SUGAR
- 2 TBSP. WHITE WINE VINEGAR
- ½ CUP GOLDEN RAISINS

Heat oil with chiles, fennel seeds, and cumin seeds in a large saucepan or skillet over medium-high heat until the cumin is browned, 2 to 2½ minutes. Stir in paprika and cook for 15 seconds, then add apples and salt and cook until juicy, 3 to 4 minutes. Stir in sugar, vinegar, and raisins. Reduce heat to medium and cook, uncovered, until apples are soft, sticky, and deeply golden and caramelized, stirring often (35 to 45 minutes). Remove and discard red chiles. Taste for seasoning. Serve warm. Or, transfer to a storage container, cover, and refrigerate for up to 1 week or freeze for up to 3 months (thaw in refrigerator). Bring to room temperature (about 30 minutes) before serving. Makes 3 cups.

Per 2 Tbsp.: 62 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 121 mg sodium, 12 g carbo., 1 g dietary fiber, 0 g protein.