

# BEST Mango Chutney

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Delicious as sweet and spicy spread or dipping sauce and wonderful added to your curry sauces!



4.95 from 134 votes



PREP TIME

15 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 15 mins



COURSE

condiment

CUISINE

Indian



SERVINGS

80 tablespoons

CALORIES

24 kcal

## INGREDIENTS

- 1 tablespoon cooking oil (neutral tasting)
- 2 teaspoons fresh ginger , finely minced
- 2 cloves garlic , finely minced
- 1 red chili , sliced (optional: remove seeds and membrane for less heat)
- 2 teaspoons whole nigella seeds (optional but HIGHLY recommended for incredible flavor)
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt

- 4-5 large mangoes (about 250-300 grams each), peeled and diced
- 2 cups white granulated sugar
- 1 cup white vinegar

## INSTRUCTIONS

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1. Heat the oil over medium-high in a medium stock pot. Saute the ginger, garlic and red chilies for a minute. Add the spices and saute for another minute. Add the diced mangoes, sugar, salt, and vinegar and stir to combine. Bring it to a rapid boil and reduce to medium-low. Steady simmer for 1 hour. Remove from heat and allow it to cool. If you prefer smaller chunks, use a potato masher to mash the mixture to the desired consistency.
2. For storage, chutney will keep for a while because of the high acidity content. A conservative time frame would be up to 2 months in the fridge (in a sealed jar) or for several months in the freezer.

Canning Instructions (for even longer shelf-life): Pour the hot mixture directly into sterilized jars and process in a water bath for 10 minutes. Let sit undisturbed for 24 hours, then store in a dark, cool place. Will keep for at least a year.

This makes roughly 2 1/2 pints of mango chutney.

## NUTRITION

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Serving: 1tablespoon | Calories: 24kcal | Carbohydrates: 7g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 8mg | Potassium: 19mg | Fiber: 1g | Sugar: 6g | Vitamin A: 117IU | Vitamin C: 5mg | Calcium: 1mg | Iron: 1mg



KEYWORD Mango Chutney



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