



CARAMELIZED ONION CHUTNEY

3 tablespoons olive oil
3 pounds onions, peeled and thinly sliced
10 ounces dark brown sugar
1 cup red wine vinegar
3 tablespoons balsamic vinegar
3 cloves garlic, crushed
1 tablespoons wholegrain mustard
½ teaspoon salt
pinch paprika
pinch crushed chilies

Heat the oil in a large saucepan and gently fry the onions over a low heat for 25-30 minutes until softened but not browned. Stir in 3 tablespoons sugar, increase the heat and cook for 3-4 minutes, until the onions are browned, then add the remaining sugar and all the other ingredients.

Simmer gently for 45 minutes to 1 hour minutes until the liquid has reduced and the mixture has thickened and become a dark caramel color.

Spoon the hot chutney into cooled, sterilized jars, then seal and label. Store for up to 6-12 months.

You can use the beer mustard from the recipe in this post.

(source: Tesco Real Food)