

# Chutneys and Preserves

*All things chickeny and mutt'ny  
Taste far better when served with chutney  
This is the mystery eternal:  
Why didn't Major Grey make Colonel?*

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## About Pickling

Pickling is like saving for a rainy day; good water and kosher salt is all that is needed. Two pickling methods are mainly used: refrigerator type pickling and long term pickling where the product will be stored without refrigeration in a cool dark place for later use.

Bring vinegar, water, sugar if required, spices and salt to a boil in a nonreactive pan over moderate heat to dissolve the sugar and infuse the flavor of the spices. Taste the pickling liquid and correct the seasoning. If using hot pepper understand that the long term effect of storages moderates the hotness so initially it should taste hotter than usual. Allow to cool.

If doing refrigerator type pickling, the vegetables or ingredient either need no cooking or are pre-cooked to the desired tenderness in a brine, then rinsed in cold water to arrest further cooking.

Place the ingredient(s) to be pickled in mason jars filled to near full. Fill with vinegar mixture to cover all ingredients but leave ¼ inch on top. Place mason lids loosely on jars. Store refrigerator type pickling jars in the refrigerator but tighten their lids.

If doing long term pickling, place jars in a kettle of boiling water. Boil for 15 minutes. Remove jars with canning thongs. Tighten lids on jars. Allow to cool.

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## Alton Brown's Crystallized Ginger

Crystallized or candied ginger is both quick and easy. This is best made with fresh ginger. (Fresh ginger is tenderer and has a thinner skin.)

- 1 Pound peeled, thinly sliced ginger
- 5 Cups water
- 1 Pound sugar plus extra to coat pieces

Boil water in a sauce pan. Add the ginger pieces and boil covered for 35 minutes or so until ginger is soft. Strain off liquid, reserving ¼ cup. Return ginger to pan adding an equal amount of sugar and the reserved ¼ cup liquid. Set over medium-high heat and bring to a boil, stirring frequently. Reduce the heat to medium and cook, stirring frequently, until the sugar syrup looks dry, has almost evaporated and begins to re-crystallize, approximately 20 minutes. Transfer the ginger immediately to a cooling rack covered with parchment paper. Spread to separate the individual pieces coat with additional sugar. Once completely cool, store in an airtight container. Use excess left over sugar for cookies.

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## Basil Avocado Chutney

- 2 Cups packed basil leaves
- 3 Ounces of toasted slivered almonds

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- 2 Cloves garlic
- 2 Teaspoons of fresh juice from the Meyer lemon
- 1 Hass avocado
- ¼ Cup chopped cilantro
- Salt
- Black pepper

In a food processor, blend together the basil, almonds, the garlic, with the lemon juice, pulsing a few brief times until the ingredients are just chopped fine. Pit the avocado and spoon flesh into the processor bowl, and add cilantro. Pulse food processor to blend the mixture. Turn out into a glass or stainless bowl. Correct salt and pepper which should be folded in by hand. (Taste for correctness.) Serve the chutney with grilled meats and fish.

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## *Cocktail Onions*

- 2 Cups white pearl onions, ½” in diameter
- 2 Cups white wine vinegar
- Sugar to taste
- 3 Hot chilies
- 1 Teaspoon Allspice
- 1 Teaspoon ground clove
- 10 Black peppercorns
- 10 Coriander seeds
- 2 Bay leaves
- 1 Cinnamon stick
- 10 Juniper berries

Blanch onions in boiling water 4-5 minutes to facilitate peeling skins. Cut off root end, squeezing onion from outer peel. Prepare a pickling brine from above ingredients. Allow brine to cool and sit 12 hours, strain and then add 1 cup dry white vermouth. Jar up onions in small mason jars. Finish off per refrigerator type pickling - see “About Pickling” on page 143. Refrigerate until needed.

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## *Chow-Chow, Hillbilly Hide-A-Way’s*

Chow-chow is regionally associated with the Southern United States, the Appalachian Mountains, and soul food. The recipes vary greatly; some varieties are sweeter than others. Often the recipes include green tomato, cabbage, onions, carrots, beans, asparagus, cauliflower. Often used as a condiment on fish cakes, mashed potatoes, biscuits and gravy, pinto beans, hot dogs, hamburgers and other foods.

Combine to taste in a stainless steel sauce pan:

- 2 Cups apple cider vinegar
- ½ Cup water
- 1 Tablespoon brown mustard seeds
- 2 Cloves garlic, finely minced
- Brown sugar to taste
- Kosher salt to taste
- White pepper to taste
- Red pepper flakes to taste

Bring to a low boil and remove from heat. When cooled, correct the seasonings. Chop the ingredients below finely to the same size. Lightly salt and bag vegetables in plastic bags and store over night in the refrigerator. Next morning, wash vegetables in several changes of water. Drain well then pour the liquid vinegar mixture over it. Refrigerate overnight.

- 5 green tomatoes
- ½ Green cabbage
- 1 cup green beans
- 1 Large sweet onion
- 1 Red bell pepper

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## Homemade Guanciale, Salt Pork

Italian style air-cured pork jowls, guanciale is quite popular as an ingredient in some parts of Italy, especially Lazio, where it is a star in Roman pasta sauces including spaghetti alla Carbonara and bucatini all'amatriciana. The key to curing meat is to draw out moisture while permeating salt. This inhibits the growth of micro-organisms by drawing water out of microbial cells by osmosis. Concentrations of salt up to 20% are required to kill most species of bacteria.

- 1 Cup sugar
- 2 Cup kosher salt
- 50 Black peppercorns, cracked
- 8 Sprigs of fresh chopped rosemary leaves
- 4 Pounds hog jowls

In a large bowl, combine the sugar, salt, peppercorns and rosemary. Coat the hog jowls with the salty mixture. Rub well in. Place the jowls in a stainless steel colander inside a stainless steel bowl. Cover and refrigerate for 5 to 7 days<sup>1</sup>. Pour off liquid from bowl several times.

Remove the jowls from the bowl and tie a piece of butcher's twine around the middle of each jowl so it may be hung. If you have stainless steel hooks you can use those instead. Hang the jowls in a dry cool place not warmer than 60°F for least 3 weeks. Ideally the perfect spot would be a dry-age refrigerated box equipped with ultra-violet lighting at your butcher's. Guanciale should be firm and dry, but yielding to the push. Wash off exterior of excess salt and dry with paper towels. Store frozen. Slice and use like bacon or pancetta.

Note:

1. If you are using this frozen, as many of us do not use any great quantity of salted pork at one time, it is sufficient to salt jowls for less time then simply freeze them.

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## Jalapeño Green Tomato Mango Chutney

Chutney was an English equivalent of a Hindu word. The condiment was probably brought back to England first by the East India Trading company maybe as early as the 17<sup>th</sup> century. For the Hindu and Indians, chutneys are typically eaten on special occasions such as weddings or by the well-to-do<sup>3</sup>. Chutney refers to condiments either fresh or cooked that contain fruit. My recipe was originally modeled after English Major Gray Chutney. I found that by making it spicier, the resulting chutney became a lot more interesting. This recipe is largely based on taste and, would seem, at the outset, to be very over spiced. In actuality, vinegar moderates everything in time and the chutney is just right after aging. Once canned, it will last several years. When canning anything, you must insure all equipment is sterile. A hot jar lift and a mason jar canning funnel would be useful otherwise hold jars with oven mitts. Serve chutney with broiled or grilled fowl, steak, lamb, pork or roast. (It's good on toast!)

Although preserved chutneys are available in India, nobody there has ever heard of Crosse and Blackwell Major Grey's Chutney. Crosse and Blackwell was originally founded as West and Wyatt, the company was purchased in 1830 by Edmund Crosse and Thomas Blackwell. Today the Crosse & Blackwell brand is part of The J.M. Smucker Company family of products:

*"Since 1706, Crosse & Blackwell products have captured the exotic flavors, textures and aromas of the world's most interesting cuisines. Many of our savory products feature historic flavors connected to the culinary traditions of Great Britain. Our chutneys are boldly flavored condiments combining choice herbs, spices, and luscious tropical fruits and vegetables. Originally derived from Indian cuisine, its name comes from the word "chatnu," meaning "to taste."*

- 2 Cups bottled water to start (more if needed later)
- 1 Cup corn syrup
- 1 Cup of Apple cider vinegar
- 2 Cups (or more) of sugar
- 1 Teaspoon ground cinnamon
- 3 Teaspoons ground white pepper
- 1 Teaspoon ground red pepper
- Kosher salt to taste (no iodine salt)
- 3 Teaspoons ground coriander

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- 3 Teaspoons prepared hot mustard
- 1 Tablespoon ground cloves (quite a lot)
- ½ Teaspoon ground cardamom
- 1 ½ Teaspoons ground allspice
- 1 Teaspoon ground mace or ½ teaspoon nutmeg
- A lot of fresh peeled ginger (1/3 pound) sliced thin on a mandolin.
- 10-15 red and green jalapeño chilies, stemmed, seeded and sliced lengthwise then in half
- 10 – 15 large firm mangos<sup>2</sup>, peeled, coarsely chopped
- 2 Large white onions cut wedge-wise lengthwise not in slices
- 10-20 Large green tomatoes<sup>1</sup>, sliced length wise (squeeze out extra seeds)
- 1 Pound golden raisins
- 3 Tablespoon lime juice (juice from two limes)

If you don't have access to green tomatoes, you may use more mangos.

Our good friend Jackie Brongiel makes an excellent chutney using nectarines which have similar mouth feel as mangos.

Bring water, lime juice, salt, spices, sugar, corn syrup and vinegar to a high boil. Adjust the salt, sugar, vinegar and water



to get correct sweet-sour. The salt level should be a bit more salty at this point to compensate for the fact we have not added the solid ingredients. Add the solid ingredients and heat ingredients to a boil and add more water if it's needed. Cover and boil 5 minutes. Pull off heat. When the mixture is not so hot, ladle it onto sterile quart sized mason jars, and tighten to seal. Place sealed jars in a pot of boiling water with the water level about half way up the jar. Boil the jars for 20 minutes. Remove for heat and cool. Set aside in a dark cupboard for at least 6 months to mature.

Note:

1. If you don't have access to green tomatoes, you may use more mangos.
2. About Mangos: When ripe, mangoes are fully colored from green to yellow with a red tinge, feel fairly firm but yield when pushed and have a fruity aroma. Do not use soft or mushy fruit or ones that have bruises. Wash the fruit, cut off the stem about ¼ inch up so a peeled fruit will stand upright on the cutting board. Cut off the cheeks of the fruit with a large knife and use a smaller knife to trim around the woody core. Avoid slices too deep that include cutting into the tough woody core. Coarsely chop the mango pieces. If you wish to, you may use your hands to further remove some of what clings to the mango cores over a bowl. Mango come into season around January and at peak season become inexpensive and best flavored. (January through March)
3. Chutney is expensive at around 50~95 cents an ounce. So making your own chutney is a real cost saver if mangos are in season.

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### *Kae's Strawberry Jam*

The jam is made with fruit at the peak of the strawberry season when the berries are perfect. This non stir method produces a jam that is mostly whole berries in marvelous strawberry syrup. You poke a hole in a piping hot popover, send in the butter, then spoon in the jam, and roll it around. It is just like heaven. We ate this jam on pancakes and crepes as well.

Four cups of sugar  
Four cups of strawberries

Equal quantities of fresh washed stemmed dry strawberries and sugar. In a large pot combine four cups of sugar and four cups of strawberries. Turn heat on medium low. When the sugar all melts, turn heat down until the mixture just is boiling. Allow to boil for 2 minutes to cook berries. Remove from heat and ladle into sterilized wide mouth mason jars to within 1/8 inch of the tops taking care to not bang up the berries too much.

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### *Giada's Onion Marmellata*

Serve over chops, pork roast or roast chicken.

¼ Cup olive oil  
4 Large onions, thinly sliced (about 3 pounds)  
¼ Cup orange marmalade  
1 Tablespoon chopped fresh rosemary  
1 Tablespoon chopped fresh thyme  
1 Teaspoon kosher salt  
1 Teaspoon freshly ground black pepper  
2 Tablespoons balsamic vinegar  
1 Tablespoon sugar (or more to taste)

Use a large frying pan over medium-high heat. Add the olive oil and the onions. Stir to combine and cook until starting to sizzle, about 2 minutes. Add the remaining ingredients. Reduce the heat to low. Cover the pan and cook over low heat for 2 hours, stirring every 30 minutes to scrape up any brown bits. The onions should be a soft, jam-like consistency and a deep mahogany color.

To serve, spoon the onion marmellata over pork chops, chicken, or pork roast. Sprinkle with the chopped parsley. Serve immediately.

Note:

1. Giada was born Giada Pamela De Laurentiis in Rome, Italy, the eldest child of actress Veronica De Laurentiis. De Laurentiis, a self-proclaimed chocoholic, studied at Le Cordon Bleu in Paris, France with aspirations of becoming a pastry chef. After returning to the United States, she became a professional chef working in several Los Angeles restaurants, notably the Wolfgang Puck-owned Spago. She later worked as a food stylist, and was contacted by Food Network after styling a piece in Food & Wine Magazine in 2002. Her cooking program, *Everyday Italian*, has been broadcast on Food Network since 2003. On her *Chefography* (a Food Network biography program), she admitted that she never wanted to be in her "family business" of show business. She felt very uncomfortable in front of the camera when she first began hosting *Everyday Italian*, but has since become more relaxed and open on air. When the program first aired, Food Network received emails accusing the network of hiring a model or actress pretending to cook instead of a real chef - obviously they know little about cooking.

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*Moroccan Preserved Lemon Halves*



A must for Moroccan and other North African cuisine, these are used to flavor many dishes and must be prepared 4-6 weeks ahead of their use. Lemons preserved this way may be simple sliced or chopped in the sauce or stews for the lemon and rind flavor.

32 -40 lemons, scrubbed  
Kosher salt (without iodine)  
Cold water

Soak lemons for 3 days in cold water. Change the water each day.

In a large jar add 16 lemons cut in half or as many as it will hold and the juice of 16 additional lemons. Pour in 1 cup of Kosher salt. Fill remaining space with cold water. Seal jar. Rotate jar or turn up side down after a week for several weeks. Lemons done this way can be kept for a year or more.

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*Mostarda Ala Stefano (Mustard Relish)*

This recipe was inspired by a picture appearing in the *Cooking of Italy* of a Cremona factory Mostarda, a Lombardy relish resembling chutney. The flavor, however, was adapted from my Mango-jalapeno chutney. This is a very colorful eye-appealing mixture that can perk up a plate nicely.

Italian Mostarda is fruit with grapes preserved in syrup that gains quite a kick from a healthy jolt of powdered mustard seed, and is one of the standard condiments served with boiled meats in northern Italy. Found all over Northern Italy, the best known variation is that from Cremona (Mostarda di Cremona), which is also produced commercially. The true Mostarda is made from the grape "must" in the late fall and a transparent mustard oil and is characterized by the presence of candied fruit in a spicy syrup. This is somewhat different but delicious.

1 Cup water  
1/3 Cup fine red wine vinegar  
1/2 Cup brown sugar  
1/3 Cup Molasses  
1/3 Cup dark Karo syrup  
Powdered ginger  
1 Tablespoon or more of dry hot mustard  
White pepper  
Pinch of salt  
Allspice  
Ground cloves  
Small pinch cinnamon  
Chopped dried apricots  
Golden raisins  
Black raisins  
Dried cranberries  
Small boiled white onions (fork tender)  
Oil cured pitted black olives (optional)  
White grapes  
Black grapes  
Red grapes  
Lemon juice for one lemon  
Maraschino cherries

Add liquid ingredients and spices to a saucepan. Bring to boil. Then cool to warm before combining with ingredients.

Toss in stainless steel bowl. Toss well. Wait 1/2 hour. Taste for seasonings. If not spicy, salty, hot, sweet, sour enough, correct seasoning accordingly. This need to be tossed for three or more hours and should be best served warm. If preparing a

day ahead refrigerate but remove and return to room temperature several hours before serving with main course.

Serve at the table in decorative Italian dish. Let everybody help themselves.

Goes well with paella, steak, lamb, or pork.

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### *Pickled Eggs*

Prepared pickling liquid (see About Pickling page 143) using desired ingredients plus either some tumeric or saffron for a yellow color or beet juice derived from cooked beets for a red color, fill jars with peeled hard boiled eggs, and store in refrigerator until needed. Seasoning normally include brown sugar, cloves, ginger, allspice, cayenne pepper, cider vinegar.

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### *Pickled Pigs Feet*

Pickled pigs feet cut lengthwise then cooked in water slow and low, skimming the pot for any scum, for several hours until tender. Use some of the retained cooking water, combine with prepared pickling liquid (see About Pickling page 143), fill jars, and finish as for long term pickling. Seasoning normally include hot pepper and some sugar.

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### *Pico de Gallo*

Pico de Gallo is bird's beak in English which refers to the size of the dice of the ingredients. This is served as a condiment in Hispanic cuisine.

- ½ Cup red onion or shallots, diced
- 1 Cup tomatoes diced
- 2 Jalapenos, seeded, white ribs discarded, finely diced
- 1 Teaspoon fresh lime juice
- ¼ Cup yellow bell pepper, diced
- ¼ Cup orange bell pepper, diced
- 1 Small clove of garlic, minced

Combine ingredients and refrigerate an hour. Allow to warm slightly before serving.

Prior to serving, correct seasoning adding:

- Salt and pepper to taste
- ¼ cup finely chopped cilantro
- ¼ cup green scallion tops, cut small

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### *Sweet Pickle Relish*

No hotdog or polish sausage is fully dressed without a fine pickle relish to enhance its flavor.

- 8 Medium cucumbers, peeled, seeded, finely chopped
- 2 Each green and red bell peppers, seeded, finely chopped
- 4 Medium white onions, peeled, finely chopped
- ¼ Cup kosher
- Cold water
- 1 Can petite sweet white corn, drained
- 3 Cups granulated sugar
- 2 Cups cider vinegar
- ½ Teaspoon ground cloves
- ½ Teaspoon ground coriander
- ½ Teaspoon white pepper

Peel the cucumbers, cut them in half lengthwise, and remove the seeds, finely chop. Remove the stems and seeds from the bell peppers, finely chop. Remove the skin of the onions, finely chop. Sprinkle them with kosher salt and cover with cold water to brine. Rinse brined vegetables with several changes of water, then drain.

## *Chutneys and Preserves*

Add the sugar, spices, vinegar, cloves to a large pot. Bring the liquid to a boil over high heat, stirring occasionally to dissolve the sugar. Allow to cool. Taste liquid and correct seasoning. Pour over rinsed vegetables adding drained canned corn. Mix well. Refrigerate several days before use.

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### *Vietnamese Pickled Shallots (dua hành)*

Used like a condiment to complement rich dishes like braised pork and grilled meats.

- 4 Cups white rice vinegar
- 4 Tablespoons salt
- 1 Cup sugar
- 2 Pounds peeled small shallots

Bring vinegar, sugar and salt to a boil. Stir until all the sugar is completely dissolved. When the mixture is cool, put onions in sterile jars and pour enough liquid into a jar to Cover. Refrigerate. Use pickles within the month.