

## Blackberry Chutney Workshop



### You will need:

- Bramley apples, 1kg/2.2lb (peeled, cored, cut into large chunks)
- Onions, 300g/10½oz (peeled, thinly sliced)
- Granulated sugar, 275g/10oz
- Balsamic vinegar, 150ml/5fl oz
- Ground cinnamon, 2x teaspoons
- Black pepper, freshly ground (to taste)
- Blackberries, 300g/10½oz
- Cooking equipment (pan, spoon, scales, knife, sterilised jars & lids)



---

in Bexley



---

East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

Foraging for food is so satisfying when you know what to look for and where to find it. There are lots of great resources available to guide you when looking for food for free, but it's safe to say, a great place to start is the nearest brambly hedge! Blackberries are super nutritious and a delight to forage, just watch out for those barbs, and be prepared for fighting your way through the stingers to find the juiciest crop.

More easy pickings can be found amongst the orchards nearby, just don't pick from the farmer's trees, but go 'scrumping' for the fallers, and you bring home as many apples as you can carry.

This early autumnal recipe is warm and spicy, and goes really well with meat dishes. It's taken directly from [bbc good food recipes](#), and uses ingredients most of us will have to hand in our cupboards.

#### Apple, Blackberry, and Cinnamon Chutney:

By Lorraine Pascale, from [Home Cooking Made Easy](#)

[https://www.bbc.co.uk/food/recipes/apple\\_blackberry\\_\\_91830](https://www.bbc.co.uk/food/recipes/apple_blackberry__91830)

Preparation time, less than 30 mins

Cooking time, 1 to 2 hours

Makes 1.3kg/3lb

#### Method

1. Sterilise the jars by putting them into the dishwasher on the hottest cycle to wash and dry. Take them out when you are about ready to use them and don't touch any of the inside of the jars with your hands. (Alternatively, put the jars in a very large pan of boiling water. You will also need to sterilise the equipment you use to take the jars out of the pan.)
2. Place the jars into the oven set at a low temperature until completely dry inside.
3. Put the apples, onions, sugar, balsamic vinegar, cinnamon and freshly ground black pepper into a large saucepan. Place over a medium heat and gently stir together until well combined.
4. Once the mixture has reached boiling point, turn down the heat and leave to simmer for 45–55 minutes, stirring occasionally. The apples and onions should become lovely and soft, and the liquid should be thick and syrupy.

---

## in Bexley

---

## East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

5. Add the blackberries and cook for a further 10–12 minutes.
6. Spoon the chutney into a sterilised jug and fill the jars. Seal and store in a dark place. The chutney will keep for up to four months.

Here are some more reasons to eat blackberries, as if you needed persuading! They are full of vitamins and minerals like C, K, and manganese, are high in fibre, and may boost brain health.



*Blackberries*