

SHREDDED ZUCCHINI CHUTNEY



Shelf life:
1+ year at room
temperature

You could call it a **good old-fashioned zucchini chutney**, but let's be honest... that doesn't sound very fancy! Most people end up blending the vegetables out of convenience or lack of proper tools. But trust us — **it's worth investing in a good mandoline to play with texture** and bring something new to the table. **Why not revive your grandma's classic zucchini relish recipe, but give it a twist by shredding the zucchini instead of blending it?**

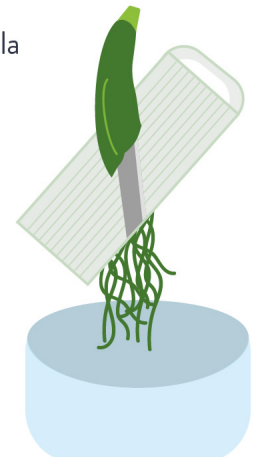
This version is **inspired by the chutneys served with spicy Indian dishes** — tangy, vibrant, and full of character. So... ready to give it a try?

INGREDIENTS

- 1 kg zucchini
- 250 g carrots
- 5 g fresh ginger
- 5 g fresh or frozen hot pepper
- 125 ml (½ cup) white vinegar
- 1 g salt
- 1¾ cups white vinegar
- ⅔ cup water
- Mustard, to taste
- Turmeric, to taste
- Nutmeg, to taste
- Sunflower seeds, to taste
- Raisins, to taste

EQUIPMENT

- Blender
- Mandoline or food processor with grater attachment
- 6 Mason jars (500 ml)
- Canning pot
- Canning rack
- Saucepan
- Ladle
- Canning funnel
- Non-metallic spatula





RECIPE

1 In a blender, **blend** the ginger, hot pepper, and $\frac{1}{2}$ cup of vinegar **until smooth**. **Refrigerate** this mixture until ready to use.

2 Using a mandoline or a food processor with a grater attachment, **shred** the zucchini and carrots. **Mix** with the salt and **let sit** for up to 24 hours. After at least 1 hour, **drain** the mixture (do not rinse — just drain well).

3 In a large pot, **place** the canning rack at the bottom and **heat enough** water to **fully submerge** the Mason jars. Let the jars warm up in the hot water.

4 In a saucepan, **bring** $1\frac{3}{4}$ cups of white vinegar and $\frac{2}{3}$ cup of water **to a boil**. Add the mustard, turmeric, nutmeg, sunflower seeds, and raisins.

5 Once the mixture returns to a boil, **add the shredded vegetables**, **cover** with a lid, and **cook over** high heat for 20 minutes.

6 Using a ladle, **pack the hot mixture into the hot jars**, leaving $\frac{1}{2}$ inch (1.25 cm) of headspace. **Tip:** A canning funnel makes this step much easier.

7 Use a non-metallic spatula to **remove any air bubbles trapped in the mixture**. Since it's quite thick, you can also use a masher or tamper to help pack it down. **Wipe the jar rims** if any chutney has spilled.



8 **Process the jars** for 20 minutes in a boiling water bath or steam canner. This step is **essential to eliminate harmful microorganisms**.

Once processing is complete, carefully remove the jars and **place them on a clean towel**.

You should hear a **satisfying “pop”** as the lids seal — a sure sign that the oxygen has been removed.

