

BRYANNA'S SPICY GOLDEN PLUM CHUTNEY

Yield: 5 half-pint jars

The flavoring is a *tadka*-- tempered spices quickly in hot oil. Oil-fried spices are said to have a brighter and fresher aroma than dry-roasted spices.

Tadka:

1/4 cup liquid oil of choice
1 Tbsp yellow mustard seeds
1 Tbsp fennel seeds
1 Tbsp cumin seeds
3 Tbsp chopped pickled (sliced) jalapeno peppers

Other Ingredients:

6 cups chopped pitted golden (yellow) plums
1/4 cup dark brown sugar, packed
1/2 cup light-colored organic unbleached sugar
3 Tbsp grated fresh ginger root
1/2 Tbsp salt
1/2 Tbsp ground turmeric

In a heavy skillet over medium heat, heat the oil. When it is hot, add the mustard and fennel seed. When it begins to pop, turn heat to Low and add the cumin seeds and chopped jalapeno peppers. Cover and cook for about 4 minutes. Remove from heat and set aside.

Mix together the chopped pitted plums and both kinds of sugar in a microwave-safe 2qt. batter bowl. Stir in the ginger, salt, turmeric and the toasted oil-seed mixture.

Microwave the mixture on High for about 15 minutes. Stir the mixture and microwave for about 10 more minutes, or until the mixture has thickened, the seeds are suspended evenly in the mixture (rather than mostly floating towards the top), and the level of the mixture is at about 5 cups.

IF YOU PREFER TO COOK THE CHUTNEY IN A POT ON THE STOVETOP, heat to boiling in a medium pot, then turn down to a simmer. Simmer the mixture until it has reduced to about 5 cups and has thickened.

Pour into sterilized half-pint jars and screw on the caps. I froze mine, but they can be water-bath canned for 10 minutes.

Nutrition (per 2 Tbsp.): 41 calories, 14 calories from fat, 1.6g total fat, 0mg cholesterol, 96.3mg sodium, 56mg potassium, 7.1g carbohydrates, less than 1g fiber, 6.3g sugar, less than 1g protein, 1.2 points.