

MINUS8



Minus 8 Vinegar and Verjus Chutney

Adapted from recipe By Recipe suggested by Natalia Krišková From Le Journal Des Femmes

Ingredients

- 2 jars of 200g about:
- 200 g ripe figs
- 100 grams of grape black Muscat
- 1 onion sweet Cevennes
- 4 filaments of saffron (avoid saffron powder)
- 100 ml 8 Maple Brix Verjus
- 50 g fructose
- 2 tablespoons of Minus 8 Vinegar
- 1 tablespoon Vitpris or Priz (or other food aid yellow pectin)

Cut the figs into small pieces, and sweet onions. Remove the seeds from the grapes, opening in two (tedious, certainly, but nice on the final product).

In a saucepan bottom thick, made sweat the onion with sour grapes and Minus 8 Vinegar, covered, until tender. Then add the pieces of fruit, saffron, fructose, vitpris. Make stew over low heat until the liquid is reduced enough and the consistency approaching that of a jam.

Finally

Put in jars and close the jars. If you want to keep these pots chutney months, better sterilize jars. Otherwise, keep them preferably in the refrigerator.