

# PEAR, ORANGE AND GINGER CHUTNEY



## FOOD SERVICE



Rich and flavoursome, chutneys contribute intense flavour to the simplest of dishes. Use seasonal produce to minimise the cost and to create seasonal variation to your menu. Serve in a small ramekin alongside frittata, vegetarian bakes, pies, terrines or cold meat. Use to embellish burgers, wraps, panini, cheese boards or the classic Ploughman's lunch. Stand out and become known for your brilliant chutneys!

Customer Services Phone 0800 800 617

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# PEAR, ORANGE AND GINGER CHUTNEY

MAKES 6KGS



## INGREDIENTS

		Approx Unit Price		Approx Ingredient Cost
<b>Chutney Base:</b>				
900g	onions, peeled and roughly chopped	0.00150	100%	\$1.35
3kg	pears, peeled, cored and diced	2.00000	100%	\$6.00
900g	tart apples, peeled, cored and diced (i.e. Granny Smiths)	0.00160	100%	\$1.44
900g	<b>Chelsea Soft Brown Sugar</b>	0.00277	100%	\$2.50
12g	salt (2 tsp)	0.00108	100%	\$0.01
50g	fresh ginger, peeled and grated	0.00550	100%	\$0.28
500g	oranges (2), finely peeled zest (i.e. no white pith) and juice	0.00280	100%	\$1.40
300g	golden raisins or sultanas	0.00333	100%	\$1.00
1.2L	vinegar - see note below	0.00278	100%	\$0.00
5g	allspice berries (whole, not ground) = 1 tbsp	0.03681	100%	\$0.18
5g	whole cloves (1 tbsp)	0.02900	100%	\$0.15
10g	cinnamon stick	0.07450	100%	\$0.75

## METHOD

Put vinegar, spices and the sugar into a large pot (not aluminium as it will react with the vinegar). Bring to the boil and simmer until the sugar has dissolved.

Add the onions, pears, apples, ginger, raisins, orange zest and juice and salt and bring back to the boil.

Simmer gently, stirring frequently to prevent sticking until chutney is thickened and liquid almost all reduced. Chutney will go a dark brown as it approaches being ready - it is important not to undercook it, as the flavour will not have developed - this may take 2 hours or more.

## RECIPE VARIATIONS

- Beetroot chutney - replace the pears with 3kg cooked, peeled and diced beetroot (or diced canned beetroot). Optional: add chilli flakes to taste.
- Plum chutney - replace pears with 3kg fresh plums, halved, pitted and diced (or drained canned plums in natural juice). Add 3 or 4 whole star anise to the spices.
- Peach chutney - replace pears with 3kg fresh peaches, halved, pitted and diced (or drained canned plums in natural juice). Optionally, add 4 fresh red chillies, deseeded and finely chopped and/or 250g chopped dates.

## SOME KEY POINTS TO REMEMBER

- Vinegar - any vinegar is ok to use, but the acidity level must be at least 5%. White wine vinegar is the best general purpose vinegar for chutneys.
- Chutney improves over time with keeping - the flavours continue to mellow. Make sure they are put into sterilised containers and well sealed when first made.
- Chutneys are a great way to use up cheap seasonal fruit, but can also be made out of season using drained canned fruit in juice (especially pears, peaches and tomatoes).

<b>TOTAL COST</b>	<b>\$15.26</b>
<b>COST PER KILO</b>	<b>\$1.27</b>
<b>GROSS PROFIT %</b>	<b>70%</b>
<b>SALES TAX</b>	<b>15%</b>

**MIN. SELLING PRICE** **\$4.87**  
(per kg)

**MIN. SELLING PRICE** **\$0.10**  
(per 20g serve)

Costs based on average wholesale prices at Feb 2011

## PROFIT

- Bought-in chutney may be convenient, but a prime quality fruit chutney will cost around \$15 + GST per kg. House made chutney not only is distinctive to your establishment, but costs under \$2.60 + GST per kg to make.
- With high levels of acidity and sugar, chutney keeps extremely well for months, and the flavour actually improves as it mellows.

## NUTRITION

- Full of fruit.
- Basic recipe contains no declarable allergens.

## SERVICE

- Serve generously on breakfast menus to accompany sausages or bacon, or as part of an antipasto platter or ploughman's lunch.
- Serve in small chutney dish on the plate.
- Perfect as an ingredient in sandwiches (e.g. ham, cheese and chutney).