

FINCHLEY HORTICULTURAL SOCIETY: SEASONAL RECIPES

Bean Chutney

Ingredients:

2lb runner beans cut in not more than half inch lengths
1½ lb onions
1½ lb demerara sugar
1½ pints vinegar
1½ teaspoon salt
1 generous teaspoon dry mustard
1½ tablespoons turmeric
2 generous tablespoons cornflour

Preparation

Cook beans for seven minutes in salt water and strain. Chop onions and boil in half vinegar for ten minutes. Mix all together, except cornflour, and cook slowly for ½ hour. Add cornflour, mixed with a little vinegar and cook for a further ten minutes.

Cool and pot into sterilised jar jars.

from Ann Brown, August 2012