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## Carotino Recipes

### Carotino Plum and Mango Chutney

#### Plum and Beetroot Jam Ingredients:

700g (1 ½lb) Victoria plums  
2 beetroots, fresh  
1.35 kg (3 lb) of jam sugar  
570ml (1 pint) of water  
Pectin or 4 lemons / limes squeezed

#### Chutney Ingredients:

Pinch of either cumin/ ginger or lemon grass (according to taste)  
Black pepper, freshly ground  
4 fresh chillies  
6 mangos with skins  
1 medium sized red onion  
2 red peppers  
2 garlic cloves crushed or paste  
6 tablespoons of Carotino oil

#### Method:

This delicious hot and sweet chutney is created by making plum and beetroot jam and then combining it with mango chutney.

#### Plum and Beetroot Jam base:

Skin and stone the plums and chop the beetroot. Put the plums and beetroot in a pan with the water, bring to the boil and simmer for 20 to 30 minutes. Add the sugar and lemon and boil about five minutes. Drop a teaspoon of the mixture into cold water to tell whether it has set. Make sure the mixture is quite thick and separate the fruit from the jelly, making two different textures. Pot into warm jars.

#### Chutney Method:

Use Carotino oil to stir fry the chopped red onion and sweet long red pepper with the finely chopped chillies, add the crushed garlic and pepper with your choice of seasoning. (i.e. Cumin, ginger or lemon grass.)

Cook till soft then add the thick and fruity plum and beetroot jam and a little Carotino oil to make it smooth and glistening. (Add one or two teaspoons of the jam according to your taste.) Add a little lime or lemon juice if you like it slightly tart. Bottle into warm jars.

Makes 8-10 medium size jars