

Great Traditional British Recipes

Researched and prepared by
Level 2 Catering students
New College Stamford

April 2014

*Where possible most of the ingredients have been
sustainably produced and responsibly sourced*

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Lincolnshire plum bread

Ingredients

- 225g/8oz prunes, pits removed, roughly chopped
- 50g/2oz currants
- 50g/2oz sultanas
- 150ml/5fl oz Earl Grey tea
- 450g/1lb strong plain flour, plus extra for flouring
- 125ml/4½fl oz milk
- 6 tbsp soft brown sugar
- 110g/4oz butter, melted, plus extra butter for greasing
- 2 free-range eggs, beaten
- 1½ tsp ground cinnamon
- 1½ tsp ground allspice
- ½ tsp vanilla extract
- ¼ tsp salt
- 15g/½oz dried yeast



To serve

- butter
- Lincolnshire cheese

Preparation method

1. Place the dried fruits into a bowl and pour over the Earl Grey tea. Mix well and set aside to soak for 10 minutes.
2. Meanwhile, sift the flour into a large bowl. Prepare a large loaf tin by greasing and flouring the bottom and sides.
3. In a separate bowl, whisk together the milk, sugar, melted butter and eggs until well combined.
4. Add the spices, vanilla extract and salt and whisk again to combine.
5. Add the dried yeast and whisk again to combine.
6. Add the sifted flour a little at a time and whisk until all of the flour has been incorporated into the mixture and the mixture comes together as a soft dough.
7. Strain the soaked dried fruits and discard the tea. Add the soaked fruits to the dough and knead for 3-5 minutes, or until the dough is smooth and elastic and the fruits are well combined in the mixture.
8. Transfer the dough to a clean bowl, cover with a clean tea towel and set aside in a warm place for 1-2 hours, or until doubled in size (proved).
9. When the dough has doubled in size, turn it out onto a lightly floured work surface and knead briefly. Transfer the dough to a large loaf tin and set aside for a further hour to rise.
10. Preheat the oven to 190C/375F/Gas 5.
11. When the dough has risen, bake in the oven for 40-50 minutes, or until golden-brown. Set aside to cool in the tin.
12. Allow to cool before slicing.
13. To serve, cut the plum bread into slices and serve with butter and cheese.

Lincolnshire Sausages

Ingredients

Sausages:

- 1 kilo pork
- 200g breadcrumbs
- 15g salt
- 15g dried sage or 50g fresh sage.
- 15g black pepper

To serve

- Onion Gravy
- Mash potato



Preparation method

1. Mince everything together in a food processor and pipe into pig intestine, tying off the ends
2. Fry sausages until golden and cooked.
3. Serve with mashed potatoes and onion gravy.

British Fish and Chips

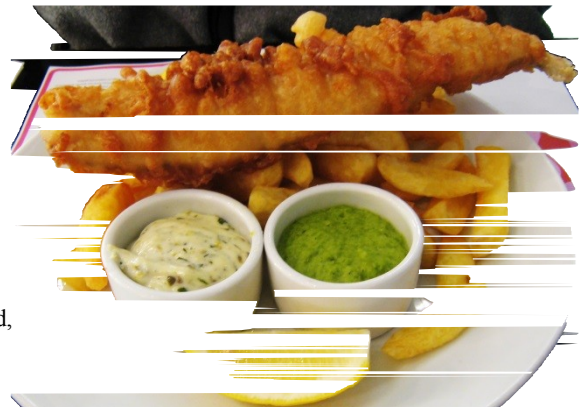
Ingredients:

For the Fish:

- 55g/ 2oz plain flour/ all purpose flour
- 55g/ 2oz cornflour/corn starch
- Sea salt and pepper
- 1 tsp baking powder
- 75ml/1/3 cup dark beer
- 75ml/1/3 cup sparkling water
- 4 200g/7 oz thick white fish fillets preferably sustainable cod, pollock or haddock

For the Chips:

- 1kg/2lb potatoes, peeled
- 1 litre Vegetable oil, lard or dripping to cook



Preparation Method:

1. In a large roomy bowl mix together the all but 2 tbsps of the flour, cornflour and baking powder. Season lightly with a tiny pinch of salt and pepper.
2. Using a fork, and whisking continuously, add the beer and the water to the flour mixture and continue mixing until you have a thick, smooth batter. Place the batter in the fridge to rest for between 30 minutes and an hour.
3. Cut the potatoes into 1cm slices then slice these into 1cm-wide chips. Place the chips into a colander and rinse under cold running water.
4. Place the washed chips into a pan of cold water, bring to a gentle boil and simmer for 3 - 4 minutes. Drain carefully through a colander then dry with kitchen paper. Keep in the fridge covered with kitchen paper until needed
5. Meanwhile, lay the fish fillets on a sheet of kitchen paper and pat dry. Season very lightly with a little sea salt.
6. Heat the oil to 120°C in a deep-fat fryer or large, deep saucepan. Blanch the chips a few handfuls at a time in the fat for a couple of minutes. Do not brown them. Once they seem drier and slightly cooked remove from the fat and drain. Keep to one side.

7. Place the 2 tbsp of flour reserved from the batter mix into a shallow bowl. Toss each fish fillet in the flour, shake off any excess, dip into the batter then carefully lower each fillet into the hot oil. Fry for approx 8 minutes or until the batter is crisp and golden, turning the fillets from time to time with a large slotted spoon.
8. Using the same slotted spoon, once cooked remove the fillets from the hot oil, drain on kitchen paper, cover with greaseproof paper and keep hot.
9. Heat the oil to 200°C then cook the chips until golden and crisp about 5 mins. Serve immediately with the hot fish accompanied by mushy peas and tartar sauce

Cornish Pasties

Ingredients:

For the Pastry:

- 125g chilled and diced butter
- 125g lard
- 500g plain flour, plus extra
- 1 egg, beaten

For the Filling:

- 350g beef skirt or chuck steak, finely chopped
- 1 large onion, finely chopped
- 2 medium potatoes, peeled, thinly sliced
- 175g swedes, peeled, finely diced
- 1 tbsp freshly ground black pepper



Preparation Method:

Rub the butter and lard into the flour with a pinch of salt using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough. Cut equally into 4, then chill for 20 mins

Heat oven to 220C/fan 200C/gas 7. Mix together the filling ingredients with 1 tsp salt. Roll out each piece of dough on a lightly floured surface until large enough to make a round, about 23cm across – use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of each round, leaving a margin at each end. Brush the pastry all the way round the edge with beaten egg, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.

Bake for 10 mins, then lower oven to 180C/fan 160C/gas 4 and cook for 45 mins more until golden. Great served warm.

Bubble and Squeak

Ingredients:

- 1 tbsp duck fat, goose fat or butter
- 4 rashers of streaky bacon, chopped
- 1 onion, finely sliced
- 1 garlic clove, chopped
- 15-20 cooked Brussels sprouts, sliced, or leftover boiled cabbage, shredded



- 400g cold leftover mashed potatoes, or cold crushed boiled potatoes

Preparation Method:

1. Melt the fat in a non-stick pan, allow it to get nice and hot, then add the bacon. As it begins to brown, add the onion and garlic. Next, add the sliced sprouts or cabbage and let it colour slightly. All this will take 5-6 mins.
2. Next, add the potato. Work everything together in the pan and push it down so that the mixture covers the base of the pan – allow the mixture to catch slightly on the base of the pan before turning it over and doing the same again. It's the bits of potato that catch in the pan that define the term 'bubble and squeak', so be brave and let the mixture colour. Cut into wedges and serve.



Chelsea Buns

Ingredients

- 500g/1lb strong white flour, plus extra for dusting
- 1tsp salt
- 1 x 7g¹/₄oz sachet fast-action dried yeast
- 300ml/10fl oz milk
- 40g/1¹/₂oz unsalted butter, softened at room temperature
- 1 free-range egg
- vegetable oil, for greasing
- **For the filling**
- 25g/1oz unsalted butter, melted
- 75g/3oz soft brown sugar
- 2 tsp ground cinnamon
- 150g/5oz dried mixed fruit
- **For the glaze**
- 2 tbsp milk
- 2 tbsp caster sugar

Preparation method

1. Sift the flour and salt into a large bowl. Make a well in the middle and add the yeast.
2. Meanwhile, warm the milk and butter in a saucepan until the butter melts and the mixture is lukewarm.
3. Add the milk mixture and egg to the flour mixture and stir until the contents of the bowl come together as a soft dough. (You may need to add a little extra flour.)
4. Tip the dough onto a generously floured work surface. Knead for five minutes, adding more flour if necessary, until the dough is smooth and elastic and no longer feels sticky.

5. Lightly oil a bowl with a little of the vegetable oil. Place the dough into the bowl and turn until it is covered in the oil. Cover the bowl with cling film and set aside in a warm place for one hour, or until the dough has doubled in size.
6. For the filling, knock the dough back to its original size and turn out onto a lightly floured work surface. Roll the dough out into a rectangle 0.5cm/¼in thick. Brush all over with the melted butter, then sprinkle over the brown sugar, cinnamon and dried fruit.
7. Roll the dough up into a tight cylinder, cut ten 4cm/1½in slice and place them onto a lightly greased baking sheet, leaving a little space between each slice. Cover with a tea towel and set aside to rise for 30 minutes.
8. Preheat oven to 190C/375F/Gas 5.
9. Bake the buns in the oven for 20-25 minutes, or until risen and golden-brown.
10. Meanwhile, for the glaze, heat the milk and sugar in a saucepan until boiling. Reduce the heat and simmer for 2-3 minutes.
11. Remove the buns from the oven and brush with the glaze, then set aside to cool on a wire rack.

Bakewell Tart

Ingredients

For the shortcrust pastry

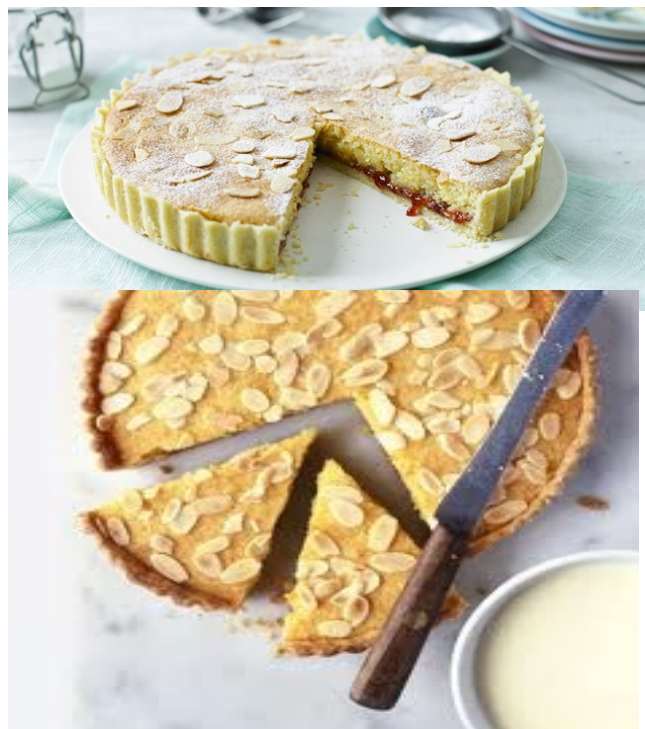
- 175g/6oz plain flour
- 75g/2½oz chilled butter
- 2-3 tbsp cold water

For the filling

- 1 tbsp raspberry jam
- 125g/4½oz butter
- 125g/4½oz caster sugar
- 125g/4½oz ground almonds
- 1 free-range egg, beaten
- ½ tsp almond extract
- 50g/1¾oz flaked almonds

For the icing

- 80g/2¾oz icing sugar
- 2½ tsp cold water



Preparation Method

1. To make the pastry, measure the flour into a bowl and rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the water, mixing to form a soft dough.
2. Roll out the dough on a lightly floured work surface and use to line a 20cm/8in flan tin. Leave in the fridge to chill for 30 minutes.
3. Preheat the oven to 200C/400F/Gas 6 (180C fan).
4. Line the pastry case with foil and fill with baking beans. Bake blind for about 15 minutes, then remove the beans and foil and cook for a further five minutes to dry out the base.
5. For the filling, spread the base of the flan generously with raspberry jam.
6. Melt the butter in a pan, take off the heat and then stir in the sugar. Add ground almonds, egg and almond extract. Pour into the flan tin and sprinkle over the flaked almonds.
7. Bake for about 35 minutes. If the almonds seem to be browning too quickly, cover the tart loosely with foil to prevent them burning.
8. Meanwhile, sift the icing sugar into a bowl. Stir in cold water and transfer to a piping bag.
9. Once you have removed the tart from the oven, pipe the icing over the top, giving an informal zig zag effect.

Scones

Ingredients

- 225g/8oz self raising flour
- pinch of salt
- 55g/2oz butter
- 25g/1oz caster sugar
- 150ml/5fl oz milk
- 1 free-range egg, beaten, to glaze (alternatively use a little milk)



Preparation Method

- 1.Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
- 2.Mix together the flour and salt and rub in the butter.
- 3.Stir in the sugar and then the milk to get a soft dough.
- 4.Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm³/₄in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
- 5.Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden.
- 6.Cool on a wire rack and serve with butter and good jam and maybe some clotted cream.

Steak and Ale Pie

Ingredients

For the filling

- 1 kg/2lb 4oz braising steak, cut into matchbox-sized pieces
- 3 tbsp plain flour
- salt and freshly ground black pepper
- 3 tbsp olive oil
- 300ml/¹/₂ pint brown ale
- 2 garlic cloves
- 2 onions
- 250g/9oz carrots
- 2 sticks celery
- 1 fresh or dried bay leaf
- handful fresh thyme sprigs
- 300ml/¹/₂ pint good quality beef stock
- 1 tbsp tomato purée
- 1 tbsp balsamic vinegar
- 500g/1lb 2oz chestnut or white mushrooms
- knob of butter



Preparation method

For the pastry, sift the flour and the salt into a large mixing bowl, then put into the fridge for a few minutes to chill. (Keeping the flour and bowl cold will help you to get a better result later and create nice separate layers or pastry.)

Meanwhile, cut the butter into small cubes.

Using a round-bladed knife, stir the butter into the bowl until each piece is well coated with flour.

Pour in the water, then, working quickly, use the knife to bring everything together to a rough dough.

Gather the dough in the bowl using one hand, then turn it onto the work surface. Squash the dough into a fat, flat sausage, without kneading. Wrap in cling film then chill the dough in the fridge for 15 minutes.

Lightly flour the work surface and the pastry. Roll out the pastry in one direction until it's about 1cm thick and three times as long as it is wide, or about 45x15cm/18x6in. Straighten up the sides with your hands now and again, and try to keep the top and bottom edges as square as possible.

Fold the bottom third of the pastry up, then the top third down, to make a block about 15x15cm/6x6in. It doesn't matter if the pastry isn't exactly the right size - the important thing is that the corners are nice and square.

Turn the dough so that its open edge is facing to the right, like a book. Press the edges of the pastry together with the rolling pin.

Roll out and fold the pastry again, repeating this four times in all to make a smooth dough, with buttery streaks here and there. If the pastry feels greasy at any point, or starts to spring back when as you roll, then cover and chill it for 10 minutes before continuing.

Chill the finished pastry for an hour, or ideally overnight, before using.

For the filling, mix the beef with the flour and some salt and pepper. An easy way to do this without making too much mess is to put everything into a large food bag, seal, then shake well.

Heat a tablespoon of the oil in a large heatproof casserole up to a medium heat, then add half of the beef, shaking off the excess flour and keeping the chunks well-spaced so they fry rather than sweat. Brown for about 10 minutes, until golden-brown all over.

Transfer the first batch of meat to a bowl, then add a splash of brown ale or water to the pan and scrape up any meaty bits. Tip the liquid into the bowl of meat. Wipe out the pan, then add a tablespoon of oil and brown the second batch of beef. When the beef is golden-brown transfer it to the bowl and set aside.

Chop the garlic, onion, carrots and celery into chunky pieces. Add the final spoon of oil to the pan and heat gently. Add the vegetables and herbs to the pan and fry to soften for a few minutes.

Put the beef back into the pan. Pour in the stock and brown ale, then add the tomato purée and balsamic vinegar. If necessary, add a little more stock or hot water to ensure the meat is covered in liquid (this will prevent the beef from drying out). Bring to the boil then cover and simmer the stew for 1-1½ hours until the beef is almost tender and the sauce has thickened.

Set aside to cool, overnight if possible.

Melt the butter in a large frying pan, then add the mushrooms (cut into halves, or quarters if large). Season with salt and freshly ground black pepper, then fry over a high heat for about five minutes, until golden-brown. Mix with the cooled pie filling and add to the pie dish.

To make the pie, preheat the oven to 200C/400F/Gas 6. Flour the work surface, then roll out the pastry to the thickness of two £1 coins and wide enough to cover a family-size pie dish with some excess.

Brush the edge of the pie dish with a little water or beaten egg.

Use a sharp knife to cut the pastry to fit the top of the dish – if it's too big it doesn't matter. Lift on top of the pie, laying the pastry over a rolling pin to lift it. Press down gently to seal.

Holding the knife blade horizontally, make a patterned edge by pressing down gently all around the edge of the pastry (this will help the layers in the pastry to puff up).

Cut a couple of slits in the top of the pie to release steam. Brush the top of the pie with the beaten egg – taking care to avoid getting egg on the edges of the pastry as it will stick the layers together.

Chill for 10 minutes, or until the pastry is firm.

Bake for 30 minutes, or until the filling is bubbling and the pastry is golden-brown and puffed all over.

Battenberg

Ingredients

For the cake

175g/6oz softened butter, plus extra for greasing

175g/6oz golden caster sugar

3 free-range eggs

175g/6oz self-raising flour

½ tsp vanilla extract

red food colouring paste

For the covering

6 tbsp apricot jam

500g/1lb 2oz ready-made marzipan

2–3 tbsp icing sugar, for rolling

Preparation method

Preheat the oven to 190C/375F/Gas 5.

Grease a 20cm/8in square, loose-based cake tin with butter.

Take a 30cm x 20cm/12in x 8in strip of baking parchment and make a 8cm/3in fold in the centre. This will create a division in the cake so that the two differently coloured sponges can be cooked at the same time.

Line the tin with the baking parchment, keeping the division in the centre.

Put the butter, sugar, eggs, flour and vanilla in a food processor and pulse until well combined.

Transfer the batter to a bowl set on scales, remove half of the batter and put it in a different bowl.

Add a small dab of red food colouring to one bowl and fold it into the batter until it is well blended.

Spoon the cake batters into each side of the prepared tin and smooth the surface with the back of a spoon.

Bake in the centre of the oven for about 25 minutes, or until the sponges have risen. Cool in the tin for five minutes, then slide a knife around the outside of each sponge and turn them out onto a wire rack. If the sponges have risen unevenly, press the surface gently until level. Leave until completely cold.

To assemble the cake, first place one sponge on top of the other and trim off the crusty edges so they are both the same size. Cut the sponges in half lengthways to make four long rectangles.

Warm the apricot jam in a saucepan then press through a fine sieve.

Brush the long side of one of the sponges with jam and sandwich together with a sponge of a contrasting colour. Do the same with the other two sponges.

Sandwich the two pairs of sponges together like a checker board and brush the top and sides with jam.

Place the marzipan on a surface dusted with icing sugar and roll into a rectangle of about 40cm x 20cm/16in x 10in; it should be large enough to wrap the cake completely, leaving the ends exposed, and be about 5mm/¼in thick.



Turn the cake upside down on the marzipan and brush the underside of the sponges with jam.

Wrap the marzipan around the cake, pressing it gently onto the surface of the sponges, and press the edges together to make a firm join.

Turn back over with the seam underneath, trim a thin slice off each end and place on a serving plate.

Rice Pudding

Ingredients

60g/2¼oz pudding rice

600ml/20fl oz full-fat milk

1 tbsp skimmed milk powder

2 tbsp caster sugar

1 thin strip lemon rind

freshly grated nutmeg, to taste

15g/½oz unsalted butter, cut into small cubes

jam, to serve



Preparation method

Preheat your oven to 150C/300F/Gas 2.

Wash the rice and drain in a sieve, then put it into a wide ovenproof dish, at least 1 litre/1¾pint capacity. Pour in the milk. Add the milk powder, caster sugar and lemon rind and stir together. Grate some nutmeg over the top and dot with the butter.

Place in the oven and bake for 2-2½ hours, or until the pudding has a golden-brown skin and the rice is tender and creamy (the longer you give it, the more thick and sticky it will become).

Serve warm, with a blob of your favourite jam on top.

Chicken Balti (with spinach)

Ingredients

For the marinade

2.5cm/1in piece fresh ginger, peeled

2 garlic cloves, peeled

¼ tsp salt

1 lime, juice only

½ tsp ground coriander

½ tsp chilli powder

½ tsp ground turmeric

½ tsp ground cumin

2 chicken breasts, cut into bite-sized pieces



75ml/2½fl oz plain yoghurt

For the curry

1 tbsp sunflower oil

1 red onion, peeled and finely sliced

2 tomatoes, seeds removed, flesh finely chopped

1 tbsp tomato purée

splash water

75ml/2½fl oz double cream

150g/5oz baby spinach leaves

To serve

small handful fresh coriander leaves, chopped

100g/3½oz basmati rice, rinsed and drained, then cooked according to packet

Preparation method

For the marinade, finely chop the ginger and garlic. Sprinkle over the salt and chop a little more, then place into a bowl.

Add the lime juice, ground coriander, chilli powder, ground turmeric and ground cumin to the bowl and mix well.

Add the chicken pieces and the yoghurt and stir to coat the chicken. Leave to marinate for at least 10-15 minutes (or for an hour if possible, covered in the fridge).

For the curry, heat the oil in a frying pan over a low heat and add the onion. Fry for 1-2 minutes, then add the tomatoes and the tomato purée and cook gently for about one minute.

Add the chicken to the pan along with the marinade and a splash of water.

Pour in the cream, turn up the heat and simmer for 10-15 minutes, or until the chicken is cooked through. There should be no pink when you cut into it. If pink, cook for longer.

Add the spinach to the pan and stir until just wilted.

Sprinkle over the coriander.

To serve, drain the rice and divide between two plates. Top with the curry.

Traditional Roast Beef

Ingredients

For the Yorkshire puddings

350g/12oz plain flour

4 large or 5 medium free-range eggs

800ml/1 pint 7fl oz milk (you may not need all of it)

vegetable oil, for cooking

salt

For the beef

2.5kg/5½lb oven-ready rib of beef on the bone

1 tbsp English mustard powder



a drizzle of vegetable oil or 2 tsp duck fat

freshly ground black pepper

For the roast potatoes

16 medium-sized Maris Piper or King Edward potatoes (each about 175g/6oz), peeled, cut into equal-sized pieces

8 garlic cloves

5 tbsp duck fat

8 sprigs thyme

sea salt, to taste

For the gravy

pan-roasting juices

350ml/12fl oz red wine

4 tsp plain flour

Preparation method

First make the Yorkshire pudding batter. Sift the flour and a pinch of salt into a bowl, add the eggs and gradually whisk in enough milk to make a smooth batter thick enough to coat the back of the spoon. Cover and leave to rest for six hours or overnight.

Preheat the oven to 190C/375F/Gas 5. Take the beef out of the fridge and allow it to come back to room temperature.

Mix the mustard powder with a few teaspoons of water to make a paste. Rub the beef all over with the mustard paste and season well with salt and pepper.

Heat the oil or duck fat in a large frying pan. When hot, add the beef and sear on all sides, until it is nicely brown all over.

Place the beef in a roasting tin and roast in the oven for one hour (11 minutes per 450g/1lb - this will give you rare meat). Cook for a further 15 minutes for medium-rare (14 minutes per 450g/1lb) or a further 30 minutes for well-done (16 minutes per 450g/1lb).

While the beef is cooking, prepare the roast potatoes. Peel the potatoes and parboil them in salted water for about seven minutes until almost cooked (they will still feel firm when pierced with a knife). Drain thoroughly and then shake them around a little in the colander until the outsides are fluffy.

Remove the beef from the oven, transfer it to a carving board and cover with foil. Allow it to rest in a warm place for 30 minutes. Turn up the oven to 220C/425F/Gas 7.

Put the duck fat for the roast potatoes into a small roasting tin and heat in the oven for five minutes. Add the potatoes to the tin with the garlic cloves, thyme and some sea salt and toss them around until well coated in the fat. Return the tin to the oven and roast for 30-35 minutes or so until golden and crunchy.

Next make the Yorkshire puddings. Pour 5mm/½inch of vegetable oil into the well of each Yorkshire pudding tin - eight individual ones or two four-hole trays. Place the tins in the oven to heat for a few minutes.

When the oil is hot, remove from the oven. Give the Yorkshire batter a stir and carefully pour it into the tins. Take care, as the oil may splatter. Fill each well up to about halfway.

Place the tins back in the oven and cook for about 25-30 minutes alongside the roast potatoes, until they are well risen and golden.

While the potatoes and Yorkshire puddings are in the oven, make the gravy. Place the tin with its roasting juices on the hob over a medium heat. Stir in the flour and the red wine. Scrape well to get all the bits from the bottom of the tin into the gravy. Leave to simmer for ten minutes, then season.

To serve, carve the beef into thick slices and pile on plates with the Yorkshire puddings and roast potatoes. Pour lashings of gravy over the top.

Ploughmans Lunch

Ploughmans Lunch is traditionally composed of a selection of different meats, vegetables, bread and chutney

Chunk of good English Cheddar

Chutney

Ham, thickly sliced

Crisp apples, cut up

Celery stalks with leaves, cut in half lengthwise

Bunch radish, sliced in half

Soft Hard-Boiled Eggs

Baby carrots

Loaf of crusty bread, thickly sliced

Unsalted butter, softened



Ingredients

1kg/2lb 4oz Bramley apples

500g/1lb 2oz onions

2 garlic cloves

5cm/2in piece fresh root ginger

100g/3½oz sultanas (or other dried fruit such as dates and raisins)

pinch dried chilli flakes

500ml/18fl oz distilled malt vinegar

250g/9oz light muscovado sugar

1½ tsp salt

Preparation method

Peel, core, then roughly chop the apples. Roughly chop the onions, finely chop the garlic and peel and finely chop the ginger.

Place the apple, onion, garlic, ginger, chilli flakes and fruit into a large, wide saucepan. Stir in the vinegar, sugar and salt. Stir the mixture over a medium heat until all the sugar has dissolved.

Once the sugar has dissolved, bring to the boil, then reduce the heat slightly and simmer the chutney for around one hour, stirring every so often. As it thickens, stir more frequently and watch that the sugar does not begin to stick to the bottom of the pan. The chutney is done when you can scrape a wooden spoon across the bottom of the pan and the chutney does not flow back into the gap.

Meanwhile, to clean the jam jars, preheat the oven to 140C/275F/Gas 1. Wash the jars well in warm soapy water then rinse thoroughly under running water. Leave the jars and lids to dry, upside down, in the oven. (Or you can clean the jars by putting them through the hot cycle of a dishwasher.)

Carefully spoon the chutney into the sterilised jars and seal while hot. Store in a cool, dark place for about a month before eating, to let the flavours mellow.