



## ***Food Safety & Preservation:***

### **Fruit Pickles and Chutney**

*SP 50-757, Revised May 2009*

**Fruit Pickles** are usually prepared from whole fruits and simmered in a spicy, sweet and sour syrup. Pickled fruits are an ideal accompaniment for meat, poultry and fish entrees.

**Chutney** is a fruit relish made from chunks of fruits and/or vegetables and nuts cooked in a sweet and sour blend of herbs, spices, sugar and vinegar. Chutney is served as a condiment with foods such as meats, poultry, and sandwiches.

#### **Ingredients**

**Fruit** - Select slightly under ripe fruits. (Under ripe fruits will retain their shape and texture better after pickling.) Fruit is usually pickled whole or halved. Select uniform size pieces for each jar. Fruits suitable for pickling include apples, crab apples, peaches, pears, figs, plums and watermelon rind. Smaller fruits such as blueberries, seedless grapes and gooseberries can also be pickled.

**Vinegar** - Use a high-grade cider or white distilled vinegar of 5% or 50 grain acidity. Cider vinegar has a mellow acidic taste but may darken light colored fruits. White distilled vinegar has a sharp, pungent, acidic taste and is recommended for light colored fruits. Do not dilute the vinegar unless specified in the recipe.

**Spices** - Because ground spices will change the color of the fruit pickle, whole spices are better. Spices are usually cooked in the brine and then removed before the pickles are processed. You can vary the spices you add. Ground spices can be used in chutney recipes and are usually not removed before canning.

**Sugar** - You can use either white granulated or brown sugar in pickle recipes. Brown sugar should not be used with light colored fruits.

#### **Preparation and Storage**

Follow preparation instructions. For long term storage, process in a boiling water canner as directed. After the jars have cooled and sealed, remove screwbands, and wash jars. Store in a cool, dry, dark place.

Fruit pickles and chutney can also be refrigerated for short term storage.

## Fruit Pickle Recipes

### Crab Apple Pickles

2 quarts crab apples with stems (about 2½ pounds)	1½ Tbsp. whole allspice
6 cups sugar	1½ Tbsp. whole cloves
2 sticks cinnamon	3 cups water
	3 cups vinegar

*Yield: about 6 pints*

To prevent apples from bursting, run a large sterilized needle through each. Tie spices in a cheesecloth bag. Combine remaining ingredients in a large sauce pot. Add spices and boil 5 minutes. Add apples, a layer at a time; cook gently until the apples are almost tender. Carefully remove apples. Repeat until all apples are cooked. Pour boiling syrup over apples. Cover and let apples stand 12 to 18 hours in a cool place. Carefully pack apples into hot jars, leaving ¼ inch headspace. Remove spice bag. Bring pickling liquid to a boil. Carefully pack apples into hot jars, leaving ¼ inch headspace. Remove spice bag. Bring pickling liquid to a boil. Pour hot liquid over apples, leaving ¼ inch headspace. Remove air bubbles. Adjust caps. Process pints and quarts 15 minutes in boiling water bath.

### Fig Pickles

4 quarts firm, ripe figs (about 30 medium)	1 Tbsp. whole allspice
5 cups sugar, divided	1 Tbsp. whole cloves
2 quarts water	3 cups vinegar
2 sticks cinnamon	

*Yield: about 8 pints.*

Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool; drain.) Add 3 cups sugar to water and cook until sugar dissolves. Add figs and cook slowly 30 minutes. Add 2 cups sugar and vinegar. Tie spices in a cheesecloth bag; add to figs. Cook gently until figs are clear. Cover and let stand 12 to 24 hours in a cool place. Remove spice bag. Bring to a simmer; pack hot into hot jars, leaving ¼ inch headspace. Remove air bubbles. Adjust caps. Process pints and quarts 15 minutes in boiling water bath.

### Peach Pickles

8 pounds peeled peaches, small to medium sized	2 Tbsp. whole cloves, crushed
3 pounds sugar	1 Tbsp. ground ginger
4 sticks cinnamon	1 quart vinegar

*Yield: about 3 quarts*

Wash and peel peaches. Treat to prevent darkening. Dissolve sugar in vinegar in large sauce pot and heat. Boil 5 minutes and skim. Add spices tied in a cheesecloth bag. Drop drained peaches into boiling syrup and cook until they can be pierced with a fork, but not soft. Remove from heat and allow peaches to sit in pickling liquid overnight to plump. Bring to a boil. Pack peaches into hot jars, leaving ¼ inch headspace. Pour hot liquid over peaches, leaving ¼ inch headspace. Remove air bubbles. Adjust caps. Process 20 minutes in boiling water bath.

### **Watermelon Rind Pickles**

4 quarts cubed watermelon rind	1 Tbsp. whole cloves
1 gallon cold water	1 Tbsp. whole allspice
1 cup canning salt	¼ tsp. mustard seed
2 cups vinegar	3 sticks cinnamon
7 cups sugar	½ cup thinly sliced lemon (about 1 medium)

*Yield: about 6 pint.*

Pare watermelon rind, removing green and pink portions. Cut rind into 1 inch pieces. Dissolve salt in water, add rind and let stand 6 hours or overnight. Drain, rinse and cover with cold water in large sauce pot. Cook until tender, about 20 minutes; drain and set aside. Combine vinegar, sugar and spices tied in a cheesecloth bag in a large sauce pot. bring to a boil and cook 10 minutes. Add rind, simmer until transparent. Remove spice bag. Pack rind into hot jars, leaving ¼ inch headspace. Pour hot liquid over rind, leaving ¼ inch headspace. Remove air bubbles. Adjust caps. Process pints 10 minutes in boiling water bath.

### **Pear Pickles**

12 pounds firm, ripe Seckel pears (about 48 medium)	1 piece ginger root
3 cups sugar	½ cup thinly sliced lemon about ½ medium)
1 Tbsp. mixed pickling spices	1½ cups vinegar
1 tsp. whole cloves	2½ cups water

*Yield: about 12 pints*

Peel pears, leaving whole with stem intact. Tie spices in a cheesecloth bag; add to remaining ingredients; simmer, 5 minutes. Add pears, a layer at a time, and cook gently until just tender, about 15 minutes. Carefully remove pears. Repeat until all pears are cooked. Pour boiling pickling liquid over pears. Cover and let stand 12 to 18 hours in a cool place. Pack pears into hot jars, leaving ¼ inch headspace. Remove spice bag. Bring pickling liquid to a boil. Pour over pears, leaving ¼ inch headspace. Remove air bubbles. Adjust caps. Process pints and quarts 15 minutes in boiling water bath.

**Note:** Other small firm, ripe pears may be used. If Kieffer or sand pears are used, they should be cored, covered with hot water, simmered for 10 to 15 minutes and then drained before they are added to the pickling liquid.

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## Chutney Recipes

### Peach or Pear Chutney

4 quarts finely chopped, peeled peaches or pears (about 20 medium)	2 Tbsp. ginger
1 cup raisins	2 tsp. salt
1 cup chopped onions (about 1 medium)	1 clove garlic, minced (optional)
2 to 3 cups brown sugar	1 hot red pepper
1/4 cup mustard seed	5 cups vinegar

*Yield: about 7 pints*

Combine all ingredients in a large sauce pot. Cook slowly until thick, about 40 minutes. Stir frequently to prevent sticking. Pour hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 10 minutes in boiling water bath. **NOTE:** For a milder chutney, remove seeds from hot pepper. Use rubber gloves to prevent burning hands.

### Tomato Apple Chutney

2½ quarts peeled, cored, chopped ripe tomatoes (about 15 large)	1 cup raisins
1 quart chopped, cored, pared apples (about 5 medium)	3 cups brown sugar
2 cups chopped cucumber (about 1 large)	1 hot red pepper
1½ cups chopped onion (about 1½ medium)	1 clove garlic, crushed
1½ cups chopped sweet red peppers (about 2 medium)	1 Tbsp. ginger
	1 tsp. salt
	1 tsp. cinnamon
	3 cups vinegar

*Yield: about 6 pints*

Combine all ingredients in a large sauce pot. Cook slowly until thick, about 1½ to 2 hours. As mixture thickens, stir frequently to prevent sticking. Pour hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 10 minutes in boiling water bath.

### Apple Chutney

2 quarts chopped, cored, pared, tart apples (about 16 medium)	3 Tbsp. mustard seed
2 pounds raisins	2 Tbsp. ginger
1 cup chopped onions (about 1 medium)	2 tsp. allspice
1 cup chopped sweet red peppers (about 2 medium)	2 tsp. salt
4 cups brown sugar	2 hot red peppers
	1 clove garlic, crushed
	1 quart vinegar

*Yield: about 10 pints*

Combine all ingredients in a large sauce pot. Simmer until thick, about 1 hour and 15 minutes. As mixture thickens, stir frequently to prevent sticking. Pour hot into hot jars, leaving ¼ inch headspace. Adjust caps. Process 10 minutes in boiling water bath. **NOTE:** For a milder chutney, another quart of chopped apples may be used.

Family Food Education Program