

LactoFermented AppleDate Chutney

Ayurveda Inspired

A gently spiced apple and date chutney, perfect for the cooler seasons

Equipment / Materials

- Clean airtight fermentation jar with lid
- Kitchen scale
- Chopping board / knife / grater
- Bowl for mixing
- Weight or small clean glass jar, if needed, to keep ingredients submerged

Ingredients

- Apples, diced or grated ,1Kg
- Dates, diced or paste, 250G
- Fresh ginger, washed, unpeeled, finely grated 1Tblsp or powder 1tsp
- Cinnamon 1 Tblsp
- Red Chilli powder 1 Tblsp
- Salt 2.5% by weight = c 31G



Fermentation:

Anaerobic lactofermentation in a sealed airtight jar.



Method



- 1 Wash and prepare the jar, apples, dates and ginger.
- 2 Combine apples, dates, ginger, cinnamon, chilli and salt in a bowl.
- 3 Mix and massage well until the fruit begins to release moisture.
- 4 Pack tightly into the clean airtight jar, pressing out air pockets.
- 5 Ensure the mixture remains below its natural brine; use a weight if needed.
- 6 Seal the jar and ferment at room temperature.
- 7 Taste when ready, then refrigerate to slow fermentation.
- 8 Fermentation time ~ 7 to 10 days, depending upon temperature & taste preference

Tips



Use clean equipment and fresh, unblemished fruit. Use a variety of apples to add diversity.



Use Pears instead of apples for a Pear& Date Chutney.



Press the mixture down firmly to minimise trapped air.



Keep all solids below the brine.



Open only when necessary; reseal promptly.



If you see fuzzy mould, discard the batch.

Serving Suggestions



Serve with savoury meals, grain bowls, cheeses or alongside a simple home-cooked plate.

