

Apple Sauerkraut Chutney

Equipment Needed:

Medium size saucepan or pot
Cheese grater
Vegetable peeler
Knife
Measuring cups and measuring spoons
Wooden spoon or rubber spatula for stirring
Container with lid for storing the chutney in the refrigerator

Recipe:

2 tbsp water
1/2 cup white onions, chopped
1 tsp dried rosemary or thyme (or 2 tsp fresh)
2 Granny Smith apples
1-2 tbsp organic sugar, sucanat, coconut sweetener, maple syrup or honey
Black pepper to taste
1 cup sauerkraut

Place the water, onions and herb (if using dried) in a small pot and start to cook the onion over low heat. Meanwhile, peel the apples and grate them on a cheese grater (using the side with the large holes) right into the pot. Mix the apples and onions together and bring the mixture to a boil. Lower to simmer and cook the apple until soft and the excess moisture is cooked out. While it is cooking, add the sugar and black pepper. Once the apples are cooked, removed from the heat and add the sauerkraut if serving warm with a meal. Otherwise, transfer to an airtight container with a lid and store in the refrigerator. Use as a condiment or a dip with your favourite snacks.

Tip: Mix the chutney with [yogurt cream cheese](#) or kefir cream cheese. This provides two types of fermented foods in one recipe and it is absolutely delicious.