

Spicier Cranberry Chutney with Walnut, Onion, and Dried Fruit

(Adapted from recipe by Lev Lior Sacarz)

1/2 medium or 1 small red onion, chopped fine

olive oil for skillet

1 tea. ground cinnamon

1 whole anise star, or 1/2 tea. either ground fennel or anise

1/2 - 1 tea. ground cardamon

1/4 tea. ground allspice

1/4 - 1/3 freshly grated ginger

1/4 tea. ground cayenne

1/2 cup black current juice

1/2 cup water

juice and pulp of two large oranges

12 ounces fresh or frozen (thawed) cranberries

black pepper to taste

1/4 - 1/3 cup raisins

1/3 cup dried cranberries

1/2 dried apricots, chopped into small dice *(to prevent knife from sticking, coat with a very small amount of oil or other oil)*

1/3 cup walnuts, toasted in dry skillet, then coarsely chopped or broken

2 tea. finely grated fresh orange zest, or the same amount of dried orange peel in small pieces, soaked in warm water until softened

2 T apple cider vinegar

7-10 tea. maple syrup or amber (neutral) agave syrup, or to taste

wheatberries, cooked (optional, see note below)

In a heated skillet with slight amount of olive oil, saute the chopped onion on low heat until tender and translucent, stirring frequently to prevent sticking; do not allow to brown.

Combine spices, except pepper, with the current juice and water into a large saucepan; add the orange juice and pulp to the pan. If using dried orange zest rather than fresh, add it and the soaking water to the pan now. Bring just to boil, then add the fresh cranberries; allow to return to the boil, stirring frequently to prevent scorching, until cranberries begin to pop, about 5-7 minutes. Add a few rounds of cracked black pepper to taste. Remove from heat and allow to cool slightly. If you used whole anise stars, remove them now before going on to the next step

In a bowl combine the dried fruits and the walnuts; if using fresh zest rather than dried, add it here. Add the cooked cranberry mixture to the bowl, and the apple cider vinegar. Add the sauteed chopped onion. Combine everything thoroughly, making sure fruits, nuts and onion are well-coated. Add the sweetener to taste, in increments, until

satisfied, and adjust all seasonings to your liking. (The taste at this point will probably be somewhat “sharp”.)

Put into the refrigerator in a covered container, and allow to "rest" for at least 48 hours if possible, or no less than 24 hours; the flavors meld and mellow the longer you allow it to rest. Can store several weeks in the fridge.

Note: Cooked wheatberries stirred in any time after combining all other ingredients, even days later, add a chewy texture element. They also lend a heft that makes the chutney more substantive and filling; makes a nice breakfast or anytime treat. -*Janice Janostak*