



Another delicious recipe from
Tanya's Kitchen

Spicy Pineapple Chutney

Ingredients

- 1 whole pineapple
- 1 small red pepper
- 1 Scotch bonnet pepper
- 1 small onion
- 1 ½ cups of white sugar

Directions

- Skin and core the pineapple. Then cut the pineapple into a large dice
- Remove the seeds from the red pepper and Scotch Bonnet pepper and cut into a medium dice.
- Start pre-heating your frying pan dry, with no oil, on high heat
- Cut the onion into a medium dice
- Take your pre-heated pan and add the onion and pineapple and allow to cook
- Add the red pepper and Scotch Bonnet and stir. Allow the pineapple juice to evaporate. This usually takes about 15 minutes.
- Add the sugar and allow to boil. Cook for about 15 to 20 minutes
- Cool and store in air-tight jars. In the refrigerator, the chutney will last for about 5 days
- Fruity, spicy and sweet – this great condiments goes really well on pork
- You can find all these ingredients at all your Foster's Food Fair IGA stores