



## Spicy Tomato Jam (Chutney)

By Chef Veera Gaul, Ph.D.



### Ingredients

2-3 tablespoons O&V [Unflavored EVOO](#) \*  
1 shallot, minced  
3-4 cloves garlic, minced (or 1 ½ tablespoons garlic paste)  
2 tablespoons grated ginger (or ginger paste)  
½ teaspoon mustard seeds  
½ teaspoon red pepper flakes (more to taste)  
½ cup O&V [Apple Cider vinegar](#) \*  
2 cans (14.5 oz each) diced tomatoes, drained  
½ cup brown sugar  
1 teaspoon cumin powder

### Preparation

Place a large saucepan over medium heat. Add the EVOO and sauté the shallots, garlic and ginger till soft and translucent (3-4 minutes). Add the mustard seeds and red pepper flakes, sauté till mustard seeds start to splutter and become fragrant (2-3 minutes).

Stir in the vinegar, drained tomatoes, brown sugar, and cumin powder. Bring to a simmer and then reduce the heat to medium-low. Cook uncovered for 45-60 minutes stirring occasionally to prevent the jam from sticking to the bottom and burning. The jam should be thick and glossy - the consistency of a thick ketchup.

Let it cool, spoon into jars and refrigerate for use as a condiment with burgers, black bean burgers, lentil cakes, grilled cheese sandwiches, grilled chicken or fish.

Active Time: 15 minutes Total Time: 60-75 minutes

### Notes

\* This [Unflavored oil](#) is [Bonsecco](#) from Tuscany is a personal favorite. This artisan made [Apple Cider vinegar](#) is truly fabulous, and adds tremendously to the flavor of this chutney. You can use your favorite substitutes, but ensure that they are of high quality and flavor.

Categories: Soups & Sides, Vegetarian, Vegan, Gluten Free, Dairy Free, Apple Cider Vinegar, Unflavored EVOO, Ginger, Mustard Seeds, Tomato Chutney, Tomato Jam, Spicy, Condiment, Accompaniment,