

Pear Chutney



Serves	3 cups
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue
From book	Friendly Food

Ingredients

- 4 tins Pears in syrup (410g can)
- 1/2 cup Brown sugar (firmly packed)
- 1 1/2 teaspoon Citric Acid
- 1 teaspoon Sea salt

Directions

1. Drain the pears and pour the syrup into a saucepan. Bring it to the boil and boil until the mixture is reduced by half.
2. Chop the pears. Add the pears, citric acid, sugar and salt to the syrup. Reduce the heat and allow to simmer for 10 to 15 minutes, or until thick.
3. Pour into hot sterilised jars. Once opened store in the fridge. Makes about 3 cups.

Note

Low chemical / Failsafe