

“EVERYTHING GOOD ABOUT NOVA SCOTIA” FALL FRUIT CHUTNEY

4 tbsp. **canola oil**
1 medium **Spanish onion** – cut in half inch dice
2 **Courtland apples** – cut in half inch dice
1 firm **pear** – cut in half inch dice
2 **black plums** – cut in half inch dice
½ cup **dried cranberries**
½ cup **dried blueberries**
½ cup **dried raisins**
½ cup **dried apricots** – cut in small pieces
1 cup Scotian Gold **apple juice**
½ cup **maple syrup**
¾ cup **red wine vinegar**
juice from 1 medium **lemon**
1 medium **red pepper** – cut in ¼ inch dice
½ cup coarse chopped **parsley**
½ tbsp. **salt**
1 tsp. **black pepper**

In a large saucepan on medium heat, add the canola oil and Spanish onions and cook for 5 minutes. Add the remaining ingredients except the red pepper, chopped parsley, salt and pepper. Bring the mixture to a boil and reduce the heat to simmer. Simmer for 45 minutes to 1 hour, or until the juices begin to thicken. Remove from the heat and let cool slightly. Add the red pepper, chopped parsley and season with salt and pepper. Cool to room temperature and refrigerate. This chutney will last in the refrigerator for up to 7 days. There is a good chance it will be eaten before that time anyway. It is excellent with most fish, pork, chicken and meats off the grill.