

Charlies Caramelised Onion Chutney Recipe



Chutneys, an old classic! There are so many different flavours, textures and types, but a traditional favourite has got to be caramelised onion chutney. Even if you have never made chutney before, here is a simple and easy recipe for you to try.

The ingredients you will need:

1.5kg / 3lb 3oz Onions
200ml / 7fl oz Red Wine Vinegar
300g / 10oz Brown Sugar
3 Cloves of Garlic
1 tbsp Whole Grain Mustard
3 tbsp Olive Oil
Pinch of Salt
Pinch of Chilli powder / one small chilli
Pinch of Paprika

The method to follow:

1. Heat the oil on a low heat in a large saucepan.
2. Peel and slice the onions thinly, then add them and the salt to the oil. Soften the onions on a low heat, preventing them from browning for around 20 minutes.
3. Stir in 3 tbsp of the sugar and increase the cooking heat to brown the onions.
4. Once browned add the red wine vinegar, the remaining sugar, 3 crushed cloves of garlic, the mustard, paprika and chilli.
5. Simmer gently for around 30 minutes or until the liquid has reduced, and the mixture become a dark caramel colour and consistency.
6. Your chutney is now ready to put into clean, sterilised, labelled jars.
7. Store for around 6 months and then your caramelised onion chutney will be ready to eat.



This chutney does go incredibly well with grilled meats, and also with bread and cheese as part of a board selection.

Whatever you chose to eat your chutney with, this recipe is definitely worth giving a go. If you fancy making a few different chutneys then take a look at the [BBC Food Chutney Recipe List](#).

We hope you enjoy this caramelised onion chutney!