



AARTI'S CRANBERRY CHUTNEY

INGREDIENTS

1½ Teaspoons Whole Black Peppercorns
½ Teaspoon Whole Coriander Seeds
1 Tablespoon Avocado Oil
3 Cups Fresh or Frozen Cranberries
½ Cup Granulated Sugar
Juice of One Orange (About ¼ Cup)
¼ Cup Water
2 Teaspoons Orange Zest (About ½ Orange)
½ Cup Fresh Pomegranate Seeds

INSTRUCTIONS

Grind black peppercorns and whole coriander seeds together in a spice grinder or a pestle and mortar until fine. Set aside.

In a small saucepan, combine oil and spice mixture. Season with a little salt. Set over medium heat and cook until fragrant but not burnt, 2-3 minutes! Careful – you might find yourself sneezing!

Add cranberries, sugar, juice and water. Bring to a boil, then turn the heat down so that the contents of your pot are at a gentle simmer. Cook for about 10 minutes, or until most of the cranberries burst.

Off heat, gently stir in the orange zest and pomegranate seeds. Taste for seasoning.