



Cranberry-Ginger Chutney

- 1 1/2 cups sugar
- 1 cup Champagne or white wine vinegar
- 1 cup fresh orange juice
- 1/4 cup finely julienned peeled fresh ginger
- 1 Tablespoon finely grated orange zest
- 1 medium shallot, minced
- 1 cinnamon stick
- 1/2 teaspoon salt
- Two 12-ounce bags of cranberries
- 1 teaspoon vegetable oil
- 1 Tablespoon plus 1 teaspoon mustard seeds

In a large saucepan, combine the sugar with the vinegar, orange juice, ginger, orange zest, shallot, cinnamon stick and salt. Bring the mixture to a boil over high heat, stirring, until the sugar dissolves and the syrup is slightly thickened, about 7 minutes. Add the cranberries and boil until they burst, about 10 minutes. Remove the chutney from the heat.

Heat the oil in a small skillet. Add the mustard seeds and cook over moderately high heat until toasted, about 1 1/2 minutes. Stir the mustard seed and oil into the cranberry chutney and let cool. Discard the cinnamon stick. Serve the cranberry chutney at room temperature or chilled.

The chutney can be refrigerated for 1 week.

Makes about 5 cups:

Phe per recipe: 225 mg

Phe per 1/4 cup: 10 mg

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