

CHUNKY CHUTNEY WITH GARLIC



Ingredients:

- 3 small mangos, diced
- 2 cloves garlic, minced
- 1 dried hot chile pepper, minced,
or 2 tbsp (30 ml) hot pepper flakes
- 65 g (1/2 cup) toasted unsweetened coconut flakes
- 5 ml (1 tsp) grated ginger root
- 5 ml (1 tsp) cumin seeds
- 1/2 tsp (2g) sea salt
- 1/2 cup (125 ml) water
- 1/4 cup (60 ml) sauerkraut juice (optional; see tip)
- 2 tbsp (30 ml) freshly squeezed lime juice
- 2 stalks lemongrass, cut to fit jar

Chunky chutney preparation

In a bowl, using your hands, mix mangos, garlic, chile pepper, coconut, ginger, cumin seeds, salt, water, sauerkraut juice (if using) and lime juice. Transfer mixture to the jar and add lemongrass. Seal jar and let ferment naturally at room temperature for 2 days if using sauerkraut juice; otherwise, wait up to 5 days. In case of an insatiable craving for chutney, forget the rules and open

the jar on the second day.

TIP: Adding sauerkraut juice helps accelerate the fermentation process and brings you closer to the day when you'll be able to enjoy the chutney. You can also leave fermentation to chance by leaving the chutney on the table for a few days. All depends on your preference and your sense of adventure.

We have long debated the importance of fermentation in this recipe, because chunky chutney can also be eaten fresh. But because it gets better with time, why not make it a lacto-fermentation and enjoy the fruits of probiotics? One essential thing we both agree on: this chutney is really good.

See more recipes [here](#).

Recipe by David & Sébastien, revolutionfermentation.com.

Products used to prepare this recipe:



[Veggie Fermenter](#)

[Buy on Kefirko.com](http://Kefirko.com)



[Sea Salt](#)

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