

## Spicy Indian-Style Plum Sauce

As we are more familiar with Indian cuisine, I describe this as an Indian-style sauce, chutney or relish, even though the recipe was given to me by a woman from Bangladesh. When she moved to live in Australia she wished to make a spicy sauce where she adapted her family recipe to Australian stone fruits - plums, peaches, nectarines and apricots – mangoes and dried fruit, such as apricots.

The sauce has a typical Indian-style flavour. Here the recipe is for plums or dried apricots. But try it with the other suggestions given above. Use less sugar to start with and add more if you think it is needed.

The recipe has two stages – making the sauce proper with the fruit and tempering afterwards with spices.

### Ingredients

- 1 kg plums (light or dark), washed and dried, pips removed, chopped
- or 400 g dried apricots chopped finely plus 2 1/2 cups water
- 200-300 g sugar
- 1 clove garlic finely chopped
- ¼ cup peanut oil or vegetable oil
- 1 tsp dried red chilli, chopped
- ½ tsp cumin seeds
- ½ tsp black cumin seeds
- ½ tsp fenugreek seeds
- ½ tsp fennel seeds
- ½ tsp black mustard seeds
- ½ tsp garam masala
- 1 tsp salt
- ½ tsp ground black pepper

### Method

Heat plums in a saucepan without any water until softened but watch carefully as they can quickly catch and burn. If using dried apricots, add the water and simmer until softened.

Add the sugar and the garlic and cook for several minutes until any moisture has dried up.

In another saucepan or frying pan heat the oil, add the chilli and the seeds and cook briefly until just browned. Some of the seeds will pop so have a lid handy; do not allow to burn. When browned add the garam masala to the oil then quickly pour the oil through a fine sieve over the top of the fruit. Stir the oil through the fruit. Remove the chilli and seeds from the sieve and crush or grind finely.

Add to the fruit mixture; combine thoroughly, add salt and pepper and adjust flavourings. Add more oil if needed.

Store in sterilized jars or containers refrigerate or freeze. Before freezing, allow a few days for the flavours to develop.