



Date: 22 January 2008

Red Onion and Blackcurrant Relish

Ingredients

100 g butter
4 tablespoons olive oil
4 red onions, sliced
4 cups blackcurrants (frozen or fresh)
1 cup brown sugar
8 tablespoons white wine vinegar

Method

1. Heat butter and oil in a large pan.
2. Add onions and cook until soft.
3. Add blackcurrants.
4. Add sugar and vinegar.
5. Stir occasionally for about 30 minutes.
6. Pot when cold and seal.

Note: Best refrigerated.

Blackcurrant Marinade for Chicken or Pork Kebabs

Ingredients

2 tablespoons liquid honey
2 tablespoons red onion and blackcurrant relish (recipe above)
1 chicken cube
1 tablespoon sesame seeds

Method

1. 500g skinless chicken breast or pork fillet cut into 2cm cubes.
2. Combine ingredients in a plastic bag and refrigerate for minimum 30 minutes. Thread cubes interspaced with peppers, pineapple, onion etc. onto 8-10 skewers.
3. Cook on BBQ/in pan greased with oil or grill 8-10 minutes until golden.

Sarau Festival, Moutere Hills Community Centre – Sunday, February 3rd 2008

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