

Cucumber Chutney

6 or 8 Cucumbers, peel, cut-up, sprinkle with salt, stand overnight, then drain and wash with cold water.

1 large Onion chopped, sprinkle with salt, stand overnight, then drain.

Large piece of Marrow chopped, salt, stand overnight, then drain.

2 Apples, peeled.

½pkt Preserved Ginger, chopped.

1 dessert-spoon Mustard.

Pinch Cayenne Pepper.

Vinegar.

1 small cup Sugar.

(Nana Dow says: When I put all the ingredients into a saucepan, I just half cover with vinegar, not very much, as later on I can see if I need more.)

Cook all until tender and a nice consistency, as the apple and marrow break down it thickens up.

Add more spices if liked, red or green peppers.

Bottle and seal.