



## Fig & Date Chutney

Serves 1

### Ingredients:

- 2 Tbsp. Unsalted Butter
- 12 oz. Anjou Pears , diced ¼"
- 2 Tbsp. Sweet Onions , diced ¼"
- 1 Tbsp. Ginger , minced
- .5 cup Light Brown Sugar
- .25 tsp. Cinnamon
- .25 tsp. Allspice
- .25 tsp. Salt
- 3 oz. Orange Juice
- 10 oz. Dried Golden Figs , cut into quarters
- 6 oz. Pitted Dates , cut into thirds
- 2 Tbsp. Fresh Mint , chopped
- 1 Tbsp. Fresh Parsley , chopped
- 2 Oranges , segmented

### Directions:

1. Place butter in saucepan over medium heat.
2. Add pears and onions. Sauté 1-2 minutes.
3. Add ginger, sugar and spices. Sauté 1-2 minutes, Add orange juice, figs and dates.
4. Bring to a simmer and let mixture reduce by 75 percent. Add in mint, parsley and orange segments.
5. Remove from heat and let cool.
6. Label, date and refrigerate.