



CULINARY LEARN AND SHARE

Watermelon Rind Chutney

Ingredients

½ rind of small watermelon
1 jalapeño or other pepper
(with seeds)
2 cloves garlic
¾ (175 mL) cups water
¾ cups (175 mL) vinegar
¾ cups (175mL) sugar (white
or brown)
1 teaspoon (5 mL) salt
½ teaspoon (2.5 mL) black
pepper
1 teaspoon (5 mL) grated
ginger
1 teaspoon (5 mL) crushed
pepper (optional)

Directions

Remove any green peel and pink flesh from watermelon rinds and discard. Chop the white flesh into small pieces.

Chop pepper and garlic.

Combine chopped ingredients into large pot. Add water, vinegar, sugar, salt, and black pepper. Stir thoroughly.

Bring to boil on medium heat and then reduce to a simmer for about 45-50 minutes. Stir occasionally.

About 20 minutes into the simmering time, add ginger and crushed pepper if desired.

Cook until watermelon rind is at desired tenderness and there is little liquid left in pot.

Cool and transfer to jar.

Store in refrigerator.

Video link: <https://www.youtube.com/watch?v=nJsRzDgOH2k>

Also try this out with other melons having thicker rinds like honeydew!

Recipe Source: NJ Dept of Environmental Protection. Food Recovery Cooking Challenge Finalists. September 16, 2021.



To learn more and locate food pantries, scan the QR code.



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