



Food Museum Recipes
Spiced Marrow Chutney



This chutney is a beautiful way to make the most of leftover marrows — sweet, savoury, and full of warmth from the spices. Lovely with cheese on toast, cold meats, or spooned alongside roasted vegetables.

Ingredients:

- 1.5kg marrow, peeled and diced
- 4 medium apples, peeled, cored and chopped
- 2 onions, finely diced
- 5 garlic cloves, crushed
- 30g butter
- 300ml cider vinegar
- 70g demerara sugar (for softening vegetables)
- 300g demerara sugar (for simmering)
- 1 tsp cinnamon powder
- 1 tsp nutmeg powder
- 2 tbsp mixed spice
- 1 tbsp turmeric
- 1 tbsp ground ginger
- 1 tbsp Chinese five spice
- 2 tsp chilli flakes
- 2 tbsp salt
- ½ tsp cornstarch (optional, for thickening)
- A handful of raisins

To serve (optional):

- 1 slice sourdough bread
- 2 slices mature cheddar
- A few large basil leaves



Method:

1. Melt the butter gently in a large, heavy-bottomed pan. Add the onions and garlic and let them soften over a low heat until translucent and fragrant — about 10 minutes.
2. Add the diced marrow and apples to the pan, stirring to coat everything in the butter. Sprinkle in the 70g of sugar and a pinch of salt. Let the mixture cook gently until the fruit and veg begin to release their juices and turn glossy.
3. Now pour in the cider vinegar and add the rest of the sugar, followed by all the spices: cinnamon, nutmeg, mixed spice, turmeric, ginger, five spice, chilli flakes, and salt. Give it a good stir — the kitchen should smell incredible by this point.
4. Simmer uncovered over a gentle heat for about 45–60 minutes, stirring occasionally, until thickened and jammy. If it's still a little runny, mix the cornstarch with a spoonful of water and stir it in to help it thicken. Add the raisins towards the end so they plump up in the spiced syrup.
5. Taste and adjust the seasoning — a little more vinegar if you like it sharp, or a sprinkle more sugar for balance.
6. Spoon the chutney into sterilised jars while hot, seal, and let cool completely. It'll keep for weeks in a cool cupboard and gets even better after a few days.

To serve:

Toast a slice of sourdough until golden, layer on some sharp cheddar, a spoonful of the chutney, and a few torn basil leaves. Perfect with a cup of tea or as a snack before dinner.





This recipe is part of our Walled Garden Series — a celebration of seasonality and the produce grown in our walled garden. Each recipe features the talented chefs and cooks we're fortunate to work with. This one was developed by Valen Chan, one of our brilliant volunteers who has been with the museum since spring 2025. To learn more about Valen and watch the video recipe, simply scan the QR code or click this link.



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