



NAMIBIAN NAGYU SOCIETY

Peach Chutney roll with Mustard, Nuts and Figs

Ingredients:

200 g	Peaches
50 g	Pine kernels
100 g	Walnut De-shelled
200 g	Figs
3 TS	Mustard

Wash the Peaches remove the pit and chop very fine (or use your blender)

Roast the Pine kernels in a hot pan without any oil and set aside to cool

Remove the stalks of the Figs and chop them with the Walnuts and Pine kernels

Mix all the ingredients with the mustard and knead like dough

Form into 2cm diameter rolls and put on baking paper covered oven pan

Dry in oven for 2 hours at about 50°C

Let cool completely and serve or keep in a cool and dry place for up to 2-3 weeks