

Chutney

A recipe from Chef Chas Moore, a friend, master chef and fermentation expert with a stroke of wild genius.

Seeds of 1 pomegranate
1 pint of fresh cranberry
½ yellow onion
¾ cup whey, enough to cover the food
1 Tablespoon sugar
2 Tablespoon apple cider vinegar
1 cinnamon stick
1 tsp allspice
2 inches of ginger grated not peeled
½ cup goji berries
1 medium green pepper
1 tsp hot pepper sauce (pickled peppers)

Mix all ingredients in a glass container. The liquid will cover the food stuff.
Let it sit for 2 days and then refrigerate.