

## Cactus Pear Fruit Sorbet



**Makes 550ml**

**Prep time: 40 min.**

*Recipe developed by Taylon Colbert*

*Checked and edited by Dr Alba du Toit*

### **INGREDIENTS:**

- 10 orange cactus pears
- 15 ml honey
- 75 ml warm water
- Pinch of salt
- 10 ml lemon juice

### **METHOD:**

- Wash the cactus pear fruit under cold water to remove most of the thorns.
- Blanch the cactus pear fruit in boiling water for 60 seconds, remove and place in cold water to stop the cooking process.
- Peel the outer skin from the cactus pear fruits. Lay the fruit out over a rimmed baking sheet lined with baking paper.
- Freeze the cactus pear fruit until completely solid, which should take at least 3-4 hours, until firm.
- Place the frozen fruits into a food processor or a blender and liquidise into a smooth pulp or juice.
- Pass the pulp through a sieve to remove the seeds.
- Place the juice back into the blender, add the honey and lemon juice and blend until smooth. Add the warm water to assist in the blending process to achieve a thick consistency.
- Pour the mixture into a freezer-safe container and freeze overnight or until firm. Alternatively, use an ice-cream machine to make the sorbet