

Cupcakes with Cactus Pear Fruit Frosting (page 1/2)



Makes 12 cupcakes

Recipe developed by Taylon Colbert

Checked and edited by Dr Alba du Toit

PREP TIME: 60 min.

INGREDIENTS:

Cupcakes:

- 3-4 cactus pear fruits to obtain 125 ml juice
- 500 ml cake flour
- 2 ml salt
- 10 ml baking powder
- 125 g butter, softened
- 180 ml castor sugar
- 2 extra-large eggs
- 185 ml milk
- 5 ml vanilla essence

METHOD:

Cupcakes:

- Preheat the oven to 180°C. Line a lightly greased 12-cup muffin pan with cupcake liners.
- 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.
- Place the peeled 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. Set 125 ml of smooth cactus pear juice aside for the cupcake recipe.
- Cream the butter and sugar until light and fluffy.
- Add the eggs and the vanilla essence and beat well.
- Sift the flour, baking powder and salt and add to the butter mixture, alternately with the milk and the 125 ml cactus pear juice.
- Spoon the batter into the cupcake liners, filling only halfway.
- Bake for 20 minutes or until golden brown.
- Turn out onto a wire rack to cool.

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Cream cheese icing:

- 60 g butter, margarine or holsum, softened
- 125 g plain smooth cream cheese
- 5 ml vanilla essence
- 500 ml icing sugar, sifted
- Cactus pear fruit syrup (recipe available on website)

METHOD:

Cream cheese icing:

- Cream the butter and the sifted icing sugar.
- Add the cream cheese and vanilla essence and beat to a smooth consistency.
- With a palette knife, spread onto each cupcake or use a piping bag.
- Drizzle with cactus pear fruit syrup.