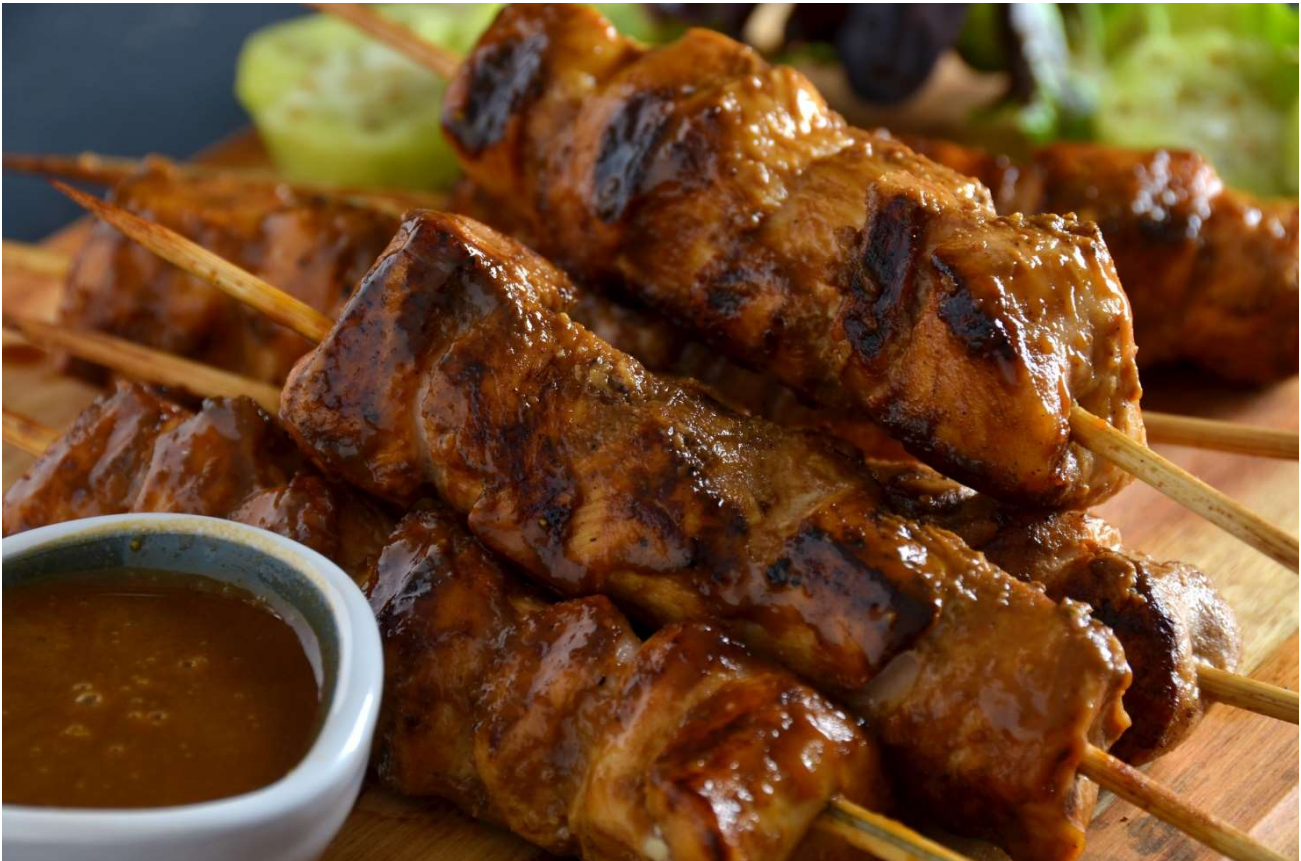


Cactus Pear Fruit Chicken Skewers



Serves 4-6

Recipe developed by Yo-Chai Huang

Checked and edited by Dr Alba du Toit

INGREDIENTS

- 6 cactus pear fruits

Basting sauce

- 15 ml olive oil
- 5 ml soy sauce
- pinch of salt
- 15 ml brown sugar
- 200 ml cactus pear juice
- 1 finely chopped onion
- 15 ml crushed ginger root
- 40 ml balsamic vinegar

Chicken skewers

- 6-8 skinless chicken breast fillets, cut into strips lengthwise
- 12 wooden skewers, soaked in water
- salt to taste
- 1 ml ground black pepper
- 30 ml olive oil for frying

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.
- 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. Reserve 200 ml smooth cactus pear juice for the basting sauce.
- Mix the ingredients for the basting sauce in a saucepan. Boil for 5 minutes or until the sauce is reduced. Season to taste.
- Thread the chicken strips onto the soaked skewers.
- Allow the chicken skewers to marinate in the basting sauce for 30 minutes before cooking. Baste the chicken skewers and chargrill them in a cast-iron griddle pan until golden brown while basting the skewers continuously.
- Serve the skewers with a green salad.