

## Unripe Cactus Pear Fruit Pickles



*Recipe developed by Dr Alba du Toit*

### INGREDIENTS:

- 500 g green fruit cores, soaked and rinsed
- 1 litre water

### Pickling liquid

- 1 litre white grape vinegar
- 75 ml salt
- 75 ml sugar
- Pickling spices for each jar
- 3 bay leaves (1 per jar)
- 15 whole black peppercorns (5 per jar)
- 10 ml dill seeds
- 1 dill stem
- 2 garlic cloves

### METHOD:

- Bring the water to the boil, add the green fruit cores and boil for 5 minutes. Drain well and cool down.
- Meanwhile, prepare the pickling liquid by heating the vinegar, sugar, salt and spices together in a heavy-bottomed saucepan and bring to boiling point. Allow the pickling liquid to boil for 5 minutes. Remove from the heat and allow to cool down. Remove the bay leaves, dill stems and garlic cloves.
- Prepare the sterilised glass jars and lids.
- Tightly pack the green fruit cores in the sterilised jars. Do not overfill the jars and ensure that at least 20 mm space is available between the lid and the contents.
- Pour the pickling liquid over the fruit cores in the jar, dividing the spices between the jars and filling the jar to the brim.
- Gently tap the jars against the counter to remove all the air bubbles. Top off with more pickling liquid if necessary.
- Seal the jars and allow to age in a cool, dry place. The pickles will improve in flavour as they age thus wait at least 48 hours to open and use them.
- For home canning, sterilise the pickles using the water bath method. Once opened, store in the refrigerator.