

## Cactus Pear Fruit Chutney (p. 1/2)



**Makes 750 ml**

**Prep time: 2 hours**

*Recipe developed by Dr Alba du Toit*

### **INGREDIENTS:**

- 2 kg cactus pear fruit
- 400 g sugar
- 1 onion (finely chopped)
- 375 ml white vinegar (use a good quality vinegar)
- 1 ml cayenne pepper
- 5 ml salt
- 15 ml ground ginger spice (or a thumb-size piece of chopped ginger root)
- 10 ml ground garlic spice (or two fresh chopped garlic cloves)
- 5 ml English mustard powder

### **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 1 litre smooth cactus pear juice.
- Combine all the ingredients in a heavy-bottomed saucepan (using 1 litre cactus pear juice) and heat slowly, while stirring to dissolve the sugar before the mixture boils.

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## Cactus Pear Fruit Chutney (p. 2/2)

### METHOD:

- Once the sugar has dissolved, bring to the boil, then reduce the heat and allow the mixture to simmer gently for about one hour without covering. Stir the mixture from time to time. As the chutney thickens, stir more frequently to prevent sugar from sticking to the pan. The chutney is done when you can scrape a wooden spoon across the bottom of the pan to create a gap, and the chutney does not flow back into the gap. The mixture will be thick.
- Meanwhile, prepare sterilised chutney bottles and lids.
- Carefully spoon the chutney into the sterilised bottles and seal while the bottles are hot.
- Store in a cool, dry place for a month before eating to allow the flavour to develop..
- Cool the jars down, make sure the jars are sealed and store in a dark, cool place. Use within three months.
- Once the fruit has been used, use the syrup to flavour other culinary treats or seal and store in the refrigerator.