

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



**Makes 330 ml**

**Prep time:** 2 hours

*Recipe developed by Taylon Colbert*

*Checked and edited by Dr Alba du Toit*

### **INGREDIENTS:**

- 1 kg cactus pear fruit (20 fruit)
- 500 ml water
- 375 g sugar
- Juice of half a lemon
- Fresh ginger, 2 cm peeled
- Pinch of salt

### **METHOD:**

- Preheat oven to 100°C, place jam jars inside the oven. Place a ladle and unused jar lids in a pot with boiling water.
- 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.

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

### METHOD:

- Combine the smooth cactus pear pulp, water, sugar, lemon juice, salt and ginger root in a saucepan. Slowly bring to the boil while stirring to ensure the sugar dissolves before the mixture boils.
- Boil the juice over medium heat until no there is no visible liquid, for about 10 minutes. The jam is ready when the mixture is translucent and thick.
- Remove from the heat and discard the ginger root
- While still warm, pour into the jam into sterilised jars and seal with sterilised lids. Allow to cool down.