



### **Cooks note:**

Cactus pear syrup has many uses and is used as an ingredient in many recipes. It is a popular product and can often be purchased. The syrup may be stored for a longer time and is thus a good way of preserving the fruit since the fresh fruits do not have a long shelf-life.

The use of added sugar in the fruit is only recommended when the purple fruit of Robusta are used which are not sweet. For sweet and tasty cactus pear fruit, no sugar or a reduced amount (45 g sugar for every cup of juice) may be used.

**Makes 750 ml**

**Prep time: 1 hour 30 minutes**

*Recipe developed by Yo-Chai Huang*

*Checked, adapted and edited by Dr Alba du Toit*

### **INGREDIENTS:**

- 20 cactus pear fruit
- 600 g sugar
- 4 g citric acid

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### METHOD:

- Preheat oven to 100°C, place jar inside the oven. Place a ladle and unused jar lid 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. For a clear syrup, pass the juice through a fine-mesh sieve, and for a very clear syrup, strain through a single or double cheesecloth. Do not squeeze the cheesecloth, allow the juice to drip through. This process may best be done overnight.
- Place the cactus pear juice and sugar in a saucepan over low heat medium heat until the sugar is completely dissolved. Ensure that it does not boil before the sugar is dissolved.
- Boil the juice until there is no visible liquid boiling to the surface. When bubbles cover the entire surface of the boiling liquid and start climbing up the sides of the saucepan, the liquid evaporated, and the syrup is ready to bottle.
- Add citric acid a little at a time.
- While still warm, pour into the sterilised jar and seal with a sterilised lid. Allow to cool down.
- The cooled-down syrup may be refrigerated and kept for 2-3 weeks. In order to preserve the syrup for longer, use the water-bath method.