

Iced Tea with Cactus Pear Fruit



Makes 1.2 litre

Preparation time: 20 min.

*Recipe developed by Taylon Colbert
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 2 rooibos teabags (alternatively, any herbal tea such as chamomile, honeybush, mint or bergamot)
- 4 cups boiling water
- 6-8 cactus pear fruit
- Fresh cactus pear fruit, skin on, de-thorned and cut into rings
- Fresh mint leaves (alternatively, any fresh herbs such as basil, thyme or rosemary leaves)
- 250 ml sugar water

METHOD:

- Wash 4-6 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.
- Boil three cups of water in a saucepan, remove from the heat and add the teabags and the herbs. Allow the tea to brew and cool down completely.
- Meanwhile, prepare a simple syrup by combining the water and sugar in a small saucepan. Heat over medium heat, stirring until the sugar dissolved completely. Allow to boil for one minute, remove from the heat and allow to cool down.
- Remove the tea bags and the herbs from the tea. Combine the tea, cactus pear juice and the fresh cactus pear fruit. Sweeten to taste using the syrup.
- Serve ice cold and garnish with a slice of lemon and fresh mint leaves.

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