

Cactus Pear Fruit Sorbet



Makes 550ml

Prep time: 40 min.

Recipe developed by Taylon Colbert

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INGREDIENTS:

- 10 orange cactus pears
- 15 ml honey
- 75 ml warm water
- Pinch of salt
- 10 ml lemon juice

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. Lay the fruit out over a rimmed baking sheet lined with baking paper.
- Freeze the cactus pear fruit until completely solid, which should take at least 3-4 hours, until firm.
- Place the frozen 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.
- Place the juice back into the blender, add the honey and lemon juice and blend until smooth. Add the warm water to assist in the blending process to achieve a thick consistency.
- Pour the mixture into a freezer-safe container and freeze overnight or until firm. Alternatively, use an ice-cream machine to make the sorbet

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