

Cactus Pear Cook-in Sauce



Serves 4-6

Recipe developed by Dr Alba du Toit

This sauce is delicious with chicken (the Marinated Coconut Chicken Strips) or fish (Braaied Snoek) or with any meat such as grilled lamb chops.

INGREDIENTS:

- 6-8 cactus pear fruit
- 15 ml butter
- 1 clove of garlic, crushed
- 1 thumb-sized freshly grated ginger root
- 220 g crushed pineapple (1 small tin), drained (save the juices)
- 2 (60 ml) spring onions, chopped
- 10 ml soy sauce
- 1 ml dried chilli flakes (optional)
- 280 ml cactus pear fruit juice
- 30 ml chutney
- 100 ml of the drained pineapple juice
- Salt and pepper to taste
- 1 ml ground black pepper
- 2 ml dried ginger seasoning
- 3 eggs
- 35 ml water
- 500 ml (200 g) desiccated dried coconut

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 280 ml of smooth cactus pear fruit juice for the sauce.
- Heat the butter in a saucepan. Add the garlic and ginger and sauté until soft. Add the crushed pineapple and spring onions. Heat and stir until no liquid is visible in the saucepan.
- Add the rest of the ingredients: soy sauce, chilli flakes and the cactus pear juice, chutney and the drained pineapple juice. Boil for 5 minutes until the sauce is reduced and thickened.
- Season to taste.