

Asian Pickled Nopalito Salad



Makes 1kg

Preparation time: 45 min.

*Recipe developed by Yo-Chai Huang
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 4 nopalitos
- 500 ml water
- Vegetables
- 1 jalapeño chilli pepper, thinly sliced
- 1 small red onion, thinly sliced
- 100g baby tomatoes, halved
- 6 radishes, thinly sliced
- Carrots, julienned
- Pickling liquid
- 180 ml white wine vinegar
- 10 ml salt
- 100 g castor sugar
- 1 whole garlic clove
- 5 whole cloves
- 5 whole peppercorns
- 10 ml coriander seeds
- 10 ml dill seeds

METHOD:

- Clean, remove the glochids and cut the nopalitos into very thin strips.
- Bring the water to the boil, add the nopalitos and boil for 2 minutes. Drain well and cool down.
- Meanwhile, prepare the pickling liquid by heating the vinegar, salt, sugar and spices together in a heavy-bottomed saucepan and bring to boiling point while stirring to dissolve the sugar. Allow the pickling liquid to boil for 5 minutes. Remove from the heat and allow to cool down. Remove the spices after two hours.
- Prepare the sterilised glass jars and lids.
- Tightly pack the nopalitos, chilli, onion, baby tomatoes, radishes and carrots carefully in the sterilised jars. Do not overfill the jars and ensure that at least 20 mm space is available between the lid and the nopalito contents.
- Pour the pickling liquid over the vegetables in the jar, filling the jars to the brim.
- Gently tap the jars against the counter to remove all the air bubbles. Top off with more pickling liquid if necessary.
- Seal the jars and allow to age in a cool, dry place. The pickles will improve in flavour as they age, thus wait at least 48 hours to open and use them.
- For home canning, sterilise the pickles using the water bath method. Once opened, store in the refrigerator.

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