

Nopalito Pickles



Makes 3 kg

Preparation time: 1 hour and 3 hours to cool down

Recipe developed by Dr Alba du Toit

INGREDIENTS:

- 1 kg nopalitos

Cooking brine

- 1 litre of water
- 100 g salt

Pickling liquid

- 2 litres white wine vinegar
- 75 ml salt
- 75 ml sugar
- 15 ml mustard seeds
- 15 ml ground allspice
- 10 whole cloves
- 5 bay leaves
- 5 ml black pepper (freshly ground)

METHOD:

- Clean, remove the glochids and cut the nopalitos into very thin strips.
- Combine the water and salt in a saucepan, bring 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 garlic and bay leaves after two hours.
- Prepare the sterilised glass jars and lids.
- Tightly pack the nopalitos 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 nopalitos in the jar, filling the jar 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.

T: +27 51 401 7656 | E: DuToitA1@ufs.ac.za | www.ufs.ac.za

Inspiring excellence. Transforming lives.

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
FREISTATA



UFS
NATURAL AND
AGRICULTURAL SCIENCES