

Spicy Nopalito Chutney



Makes 750g

Preparation time: 1 hour

Recipe developed by Dr Alba du Toit

INGREDIENTS:

- 500 ml brown vinegar
- 500 g white sugar
- 10 ml curry powder
- 15 ml red pepper
- 750 g nopalito strips
- 200 g onions, chopped
- 200 g seedless raisins
- 1 cinnamon stick
- 5 ml salt

METHOD:

- Clean, remove the glochids and slice the nopalitos into 2 cm x 0.5 cm strips. Soak the nopalitos in salted water (15ml salt and 500ml water) for 40 minutes. Drain well.
- Combine all the ingredients in a heavy-bottomed saucepan and heat slowly, while stirring to dissolve the sugar before the mixture boils.
- Once the sugar has dissolved, bring to the boil, then reduce the heat and allow the mixture to simmer gently for about one hour without covering. Stir the mixture from time to time. As the chutney thickens, stir more frequently to prevent sugar from sticking to the pan. The chutney is done when you can scrape a wooden spoon across the bottom of the pan to create a gap, and the chutney does not flow back into the gap. The mixture will be thick.
- Meanwhile, prepare sterilised chutney bottles and lids.
- Remove the cinnamon stick and carefully spoon the chutney into the sterilised bottles and seal while the bottles are hot.
- Store in a cool, dry place for a month before eating to allow the flavour to develop.

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