

Unripe Cactus Pear Fruit Jam



INGREDIENTS:

- 1 kg green fruit cores
- 750 g sugar
- 1 litre water
- 40 ml lemon juice
- 1 cinnamon stick

METHOD:

- Cut the green fruit cores smaller by dividing each core into 3 wheels.
- Place a saucer in the freezer for testing the jam later.
- Mix the water and lemon juice, add the sugar and bring to the boil slowly while stirring to dissolve the sugar.
- Place the fruit in boiling sugar syrup together with the cinnamon stick.
- Boil until the fruit is soft and the syrup thick.
- Spoon a little of the hot jam on the chilled saucer, touch the jam to test if the jam is gel-like and makes wrinkles.
- Remove the cinnamon stick.
- Transfer the jam into hot, sterilised jars. Make sure the jars are filled to the brim and all of the air bubbles have been removed. Seal the jars immediately while hot.