



## Prickly Pear Jam

### **Ingredients**

25-30 prickly pears, should make around 2 lit of pulp

200 ml lemon juice

1.5 kg sugar

3\*3cm piece of ginger, cut crosshatched.

30g pectin

### **Preparation**

Pick prickly pears with tongs and secateurs, wearing good gloves!

Remove prickles by briefly burning off on a gas flame

Cut fruits in half, and remove seeds with teaspoon – retain

Flatten halves and gently scrape flesh from skin.

Liquidize flesh

Work out juices from seeds by pressing thru a sieve, working the mix with spoon or back of plate until the remainder is paste like. Add juice to liquidized flesh. Strain again thru a sieve to remove all seeds.

Mix pectin with lemon juice. Add sugar and pectin mix to pulp and bring to boil, stirring regularly. Can add lemon skins from squeezed juice too.

Rapid rolling boil for 3 minutes.

Test by pouring a teaspoon of jam onto a chilled plate or spoon. After a couple of minutes it should be set.