

Cactus pear chutney



Ingredients:

2 kg fresh cactus pear pulp (mashed with the seeds removed)
400 g sugar
50 ml lemon juice
1 ml cayenne pepper
1 onion, chopped
5 ml salt
15 ml crushed ginger
10 ml garlic powder
5 ml mustard powder
375 ml vinegar

Method:

- Mix all the ingredients in a heavy pot until it thickens; stir occasionally.
- When the chutney is ready, bottle and seal immediately.

Notes:

- Wash the bottle thoroughly; sterilized it by placing it in the oven for 15 – 20 minutes. Start the timer when the oven is warm. The metal lids can be sterilized in boiling water.
- Wash the fruit and banshee in boiling water for 2 minutes. Peel the fruit with a sharp knife. This way more of the fruit can be used.
- Use only wooden spoons and stainless steel pots.