



PRICKLY PEAR JELLY

Prickly pear is a cactus that is hardy even in the cold winters of New York and produces an abundance of delicious fruit. Jelly made from the prickly pear fruit has fabulous color and delicious taste, but it requires a lot of work. If you've never dealt with prickly pears, then you should know its name comes from the evident fact that handling the fruit can be difficult and hazardous as its tiny prickles are pernicious. Try this tasty treat today!



INGREDIENTS:

serving size 20

- 20-25 prickly pears
- 3-1/2 cups granulated sugar
- 5 teaspoons lemon juice
- Peels of 2 lemon halves

INSTRUCTIONS: (caution - is prickly)

1. Slice both ends of the prickly pear off and discard them.
2. Make one long vertical slice down the body of the prickly pear. Placing your hand between the inside flesh and outer skin, begin to peel back the skin and discard. You'll be left with the prickly pear itself.
3. Chop into 1-inch cubes and place in a large heavy pot. Cook over medium heat for 20 minutes, stirring often until the chunks fall apart and you have a soupy, seedy stew.
4. Run the pulp through a food mill (or sieve or fine-holed colander). Press the liquid and pulp through with the back of a wooden spoon, or use disposable gloves on one of your hands to press the pulp.
5. Measure the strained prickly pear liquid and any pulp (see tips below). Add as much sugar, lemon juice, and lemon peel as you need:
 - a. For every cup of prickly pear pulp/juice that you obtained after passing it through a sieve, add 3/4 cup granulated sugar and 1 teaspoon lemon juice.
 - b. Add the peel (including the white, pithy part) of half a lemon for every 2 cups of prickly pear liquid. The lemon peel provides pectin so that you get a good gel.
6. Return the strained liquid to the large pot where you originally cooked the chunks of prickly pears. Cook over high heat, stirring often until the jelly reaches gel point. This can take 40 to 60 minutes.
7. Remove the lemon peels. Fill clean jars with the prickly pear jelly. Fasten lids and store in the refrigerator.

Nutrition Facts

Calories 174kcal	Total Fat 0.5g (1%)
Saturated Fat 0.1g (0%)	Cholesterol 0mg (0%)
Sodium 5mg (0%)	Total Carb 44.9g (16%)
Dietary Fiber 3.7g (13%)	Total Sugars 35g
Protein 0.8g	Calcium 58mg (4%)
Potassium 228mg (5%)	