

Prickly Pear Sauce

30 ea Prickly Pears
2 ea Lemons
1½ c..... Sugar
1 Tbs Vanilla
½ gal..... Water

1. Peel prickly pears and place in a large pot with the water, sugar, vanilla and halved lemons.
2. Bring to a boil then turn down to a simmer.
3. Simmer for about 2 hours.
4. Puree with a hand blender.
5. Strain seeds and discard.
6. Refrigerate to cool.



Prickly pears are in season but are hard to find unless you happen to live in a place like Arizona. Prickly pears are the fruit from the prickly pear cactus. They are a dark pink almost a purple color when ripe. If you wanted to make more of a jelly you could use some that are still a little green along with ripe ones. This adds more pectin. You might want to add some additional pectin as well. In Spanish they are referred to as Tunas and in Italy they are called fichi d'india.

Peeling the tunas can be a bit painful if you don't have some type of glove because of all the tiny spines. I use my gardening gloves that have leather. You could also use paper towels but you can still get some of the prickles. Use tongs to remove them off of the cactus.

Be creative, have fun and enjoy!