

Cactus Candy

From the California Rare Fruit Growers. Origin unknown.

(submitted by Leo A. Martin)

Remove the glochids and spines from prickly pear pads (cut off the edge of the pad, rub off or burn off the glochids or, you can take a potato peeler and scoop out each areole).

Dice the pads into candy-sized pieces.

Boil in heavy syrup (sugar, brown sugar, and honey all give slightly different tastes) for 20 minutes to an hour.

Let cool; boil again; let cool; boil again for three boilings total. This is also the method people use for Chinese jujube.