

Fruta Cristalizada

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Ingredients

makes 2 pounds

2 pounds fresh fruit such as pineapple, prickly pear, papaya, chayote, plums, or figs

2 quarts water

1/4 cup calcium oxide

5 1/2 cups sugar

Step 1

Wash the fruit, peel, and slice if necessary (leave small fruits such as figs, plums, and prickly pears whole). Prick the fruit in a few places with a skewer or needle (sterilize the needle by heating it over a flame for a couple of minutes).

Step 2

Combine the water and calcium oxide in a large bowl and stir to dissolve. Add the fruit. Allow to soak overnight in a dry place. Strain and rinse the fruit very well under cold water.

Step 3

Place the fruit in a large pot and add cold water to cover. Add 4 1/2 cups of the sugar and cook at a constant soft simmer, without letting it come to a boil, for 1 hour. Remove from the heat, cover the pot with a lid, and allow to sit overnight.

Step 4

Add 1/2 cup of the remaining sugar to the pot and bring to a boil. Reduce the heat to maintain a simmer and cook for 1 hour. Remove from the heat, cover the pot with a lid, and allow to sit overnight. Repeat the same process the next day with the

remaining 1/2 cup sugar.

Step 5

Remove the fruit with a slotted spoon and drain on a wire rack. Cook the remaining syrup over medium heat until it has reduced to a thick, honeylike consistency, about 5 minutes. Pour the syrup over the fruit while still on the rack. Allow to dry out in the sun for 1 to 2 days. Store in an airtight container in a cool, dry place for up to 1 year.



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