



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Pickled Cactus

Hero ingredients: Cactus (Nopales), Carrots, Onions

Ingredients

- 1 c carrots, rounds
- 1 c onions, diced
- 1 c jalapenos, diced
- 1 c cactus pads, diced
- 2 c apple cider vinegar
- 1 ½ c water
- 2-3 garlic cloves
- 1 cinnamon stick
- ½ tsp cumin
- 1 tsp Mexican oregano
- 2-3 chiles de arbol
- 2 bay leaves
- 2 tbsp salt
- ½ tbsp sugar

Directions

Peel carrots and slice into rounds or halves and add to a large heat proof bowl. Dice your onions and jalapenos and add to the bowl as well. Put on gloves and pull out a cactus pad. Lay it flat on the surface and use a knife or vegetable peeler to remove thorns (try to keep as much of the outer skin intact as possible). Turn the cactus pad over carefully (or use tongs) and repeat the process on the other side. Slice off the outer edge of the cactus pad by following the shape of the cactus and remove carefully. Once all the thorns have been removed, rinse the cactus pad and begin dicing into roughly the same size as your onions and jalapenos. Bring a pot of water to boil, and add your diced cactus. Let it simmer for 10 minutes then drain and rinse your diced cactus pad. This will help with the texture and excess slime of the cactus. Add to the large heat proof bowl with your carrots, onions, and jalapenos, and put to the side.

In a small pot, add the apple cider vinegar, water, garlic cloves, cinnamon, cumin, Mexican oregano, chiles de arbol, bay leaves, salt, and sugar. Heat on med to med high heat and bring to a boil for a few minutes and then remove from the heat. Immediately add to your bowl with your vegetables and either use a jar weight or a plastic bag full of water to fully submerge the vegetables in the brine and put in the fridge to rest for 2-3 hours. Eat with tortilla chips, tacos, tostadas, and so much more! Pickled cactus will generally last in the fridge for 2-3 weeks.