

11 Oranges



Oranges are available all the year round and vary in size and variety. They keep for several days in the fruit bowl.

Scrub waxed oranges before using the zest in recipes.

To segment an orange:

- Using a sharp knife cut a slice from top and bottom of the orange, just cutting into the flesh of the orange.
- Cut off the peel and all the pith from top to bottom of the fruit again just cutting into the flesh so all the pith is removed.
- Take the orange into your hand and cut out the segments, slicing next to the dividing membranes to the centre. This is best done over a bowl to catch the juice. Flick out any pips with the tip of the knife.
- Squeeze the remains to get out all the juice. Slice to remove pips.



Crunchy Ginger, Grape and Orange Layer

Preparation and cooking time: about 30 minutes

serves

4

Ingredients

- 425g can creamed rice pudding
- 2 large oranges
- 175g grapes, halved and deseeded
- 6 ginger biscuits, crushed

Method

- Divide the rice pudding between 4 individual serving dishes.
- Peel and segment the oranges.
- Arrange the orange segments and grapes on top and sprinkle over the crushed biscuits.