

12 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.



Oranges in Cointreau

Preparation and cooking time: about 30 minutes

serves

4

Ingredients

- 1 wine glass medium white wine or fresh orange juice
- 1 sherry glass Cointreau
- 6 medium sized oranges (blood oranges make an attractive dish)

Method

- Remove the peel from the oranges using a sharp knife cutting just into the flesh so all the pith is cut off.
- Slice the oranges across the segments, removing pips with the tip of the knife.
- Put orange slices, wine (or juice) and liqueur into a bowl and chill overnight, covered.

Delicious served with ice cream, low fat crème fraiche or Greek yoghurt.