

Orange recipes

Orange and Almond Tort– Serves 8

This is a lovely dessert, perfect at the end of a summer dinner party!

Preparation Time:- Approximately 10 to 15 minutes.

Cooking Time:- 30 to 35 minutes.

Ingredients:- 100g/4oz butter, 225g/8oz caster sugar, 225g/8oz ground almonds, 225g/8oz polenta, 1 tsp baking powder, pinch of salt, 1 tsp vanilla essence, 3 organic eggs, 2 medium oranges,

Instructions:- Preheat the oven to 190C/375F/Gas Mark 5. Butter and flour a 23cm/9in springform cake tin. Finely grate the orange zest and juice the orange and leave to one side. Beat the butter until it becomes pale and soft and then pour in the sugar and beat until light and creamy. Stir in the almonds and the vanilla, then add the eggs one at a time beating thoroughly before you add the next one. Then fold in the finely grated orange zest, the orange juice, polenta, baking powder and salt. Spoon the mixture into your buttered cake tin and bake for 30 to 35 minutes or until golden brown.

Handy Hint: *This is lovely served with crème fraiche. If you want to be really naughty then clotted cream is delicious too! Another nice touch is to drizzle an almond liqueur like amaretto on top or serve with a glass of vin santo.*

Orange and Celery Salad– Serves 4

This is another unusual and tasty summer salad. Quick and easy to make!

Preparation Time:- Approximately 15 minutes.

Cooking Time:- None.

Ingredients:- 1 small head of celery (trimmed, de-stringed and sliced diagonally), 2 large oranges, 1 small red onion (cut into very thin wedges), 8oz/225g cherry tomatoes (halved), 3oz/85g lettuce (of your choice), 2 tbsp chopped fresh mint, 1 small garlic clove (crushed), 6 tbsp olive oil or extra virgin olive oil (whichever you prefer), 1 tbsp balsamic vinegar.

(**** We find the best way to de-string celery is to run a vegetable peeler along the stalk of celery ****)

Instructions:- Cut away and peel the pith from the oranges. Cut out the individual segments over a bowl to reserve any juice and keep the juice to one side (be very careful not to cut your fingers! You can do this on a plate and tip the juice into a bowl if you prefer). Place the orange segments into a large serving bowl and sprinkle over the sliced celery, red onion, tomatoes and lettuce. Add the crushed garlic, chopped fresh mint, olive oil and balsamic vinegar to the reserved orange juice and whisk to combine. Season to taste and pour over the salad. Toss well just before serving.

Handy Hint: *This salad is very healthy and is lovely served with fresh crusty bread. We think parma ham is a nice addition to this salad, yummy.*