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Ask Aunt Daisy

MAKE THE MOST OF ORANGES

WE are enjoying a comparative plenty of oranges, and should make all possible use of them. They are a great help to health, not only for their richness in vitamins, but also as a source of minerals, particularly calcium, phosphorus, and a small amount of iron. The fruit-acids which give oranges their refreshing flavour are completely "burned" by the body, leaving an alkaline ash in the form of minerals, which counteract acidity. The cellulose of oranges is also valuable. Nutritionists tell us that an 8 oz. glass of freshly-squeezed orange juice should be taken daily both by adults and growing children. As a breakfast or dinner appetiser it may be served garnished with a crystallised cherry or a sprig of mint, or very thin half-slices of orange. But it must be fresh, and not left standing.

Try to buy a case, or half-case of oranges, for they may be delightfully used in recipes for meat and vegetables, hot breads and muffins, salads and souffles, hot and cold puddings and desserts, cakes and icings. Let us start with the meat and vegetable suggestions.

Orange Gold Parsnips

Wash medium-sized parsnips and boil in water to cover, until tender. Strain, and cut lengthwise in strips about 1/4 inch thick. Place in buttered pyrex dish and spread with a mixture of one cup brown sugar, 1 cup orange juice, 1/2 teaspoon salt, 1/4 teaspoon each of paprika and pepper. Dot with butter, and bake in moderate oven (350 degrees or regulo 3) about 30 minutes, till heated through. Garnish with orange slices.

Orange Beetroot

Thinly peel raw beetroot and slice thinly into a buttered casserole, say 2 1/2 cupfuls. Pour over them the following mixture: 1 cup fresh orange juice, 1 tablespoon butter, 1 teaspoon salt and 1 teaspoon grated orange peel. Cover the casserole and bake in moderate oven about an hour.

Orange Garnishes

Thin slices of orange, unpeeled, are an ideal garnish for pork, veal, lamb and poultry, whether hot or cold. Sometimes the slices are spread with mint jelly, currant jelly, cranberry jelly, minced parsley or mint, or even just a little salt and paprika.

Orange Glazed Ham

Place a ham (or part of a ham) in roasting pan, fat side up, and bake in slow oven (300 degrees or regulo 3), allowing 25 to 30 minutes per lb. Half an hour before it is done, remove the

rind, and pour on most of the fat in the pan. Score the fat surface, in diagonal lines with a sharp knife, and decorate with cloves. Now spread with this mixture: 1 cupful orange juice, 1 cup brown sugar and 1 tablespoon grated orange peel. Return to oven to finish, basting often with mixture in pan. Serve garnished with whole thin slices of orange, and parsley.

Baked Oranges

Select thin-skinned oranges, cut in halves, pick out the pips and the core, and fill up the centres with sugar or honey. Arrange them in a glass casserole, pour in a cupful of water, and place a bit of butter on each half. Cover and cook in moderate oven till skins are tender (about 2 hours), then uncover to brown. Serve hot or cold with ham, veal, lamb, pork or poultry; or as a salad with cream cheese.

Orange Honey Bread

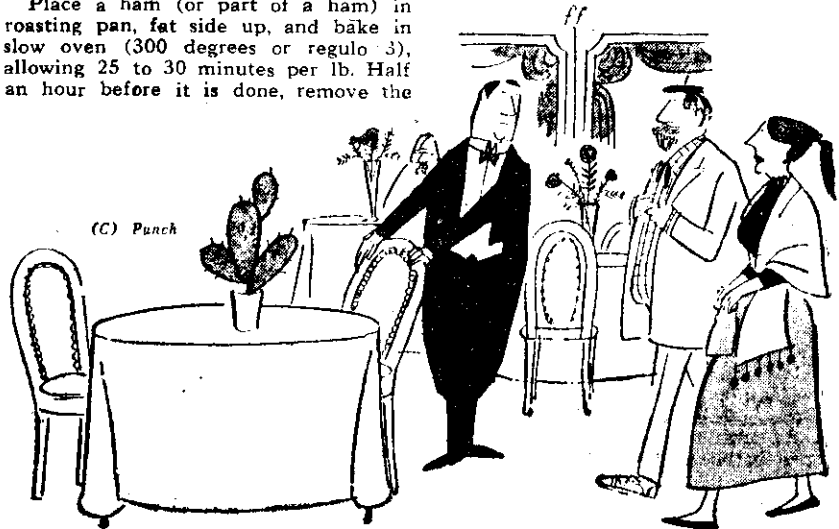
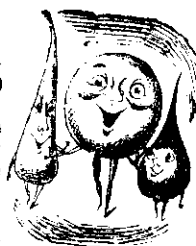
Two tablespoons butter, 1 cup honey, 1 egg, 1 1/2 tablespoons grated orange-peel, 2 1/2 cups sifted flour, 2 1/2 teaspoons baking powder, 1/2 teaspoon each salt and baking soda, 3/4 cup orange juice, 3/4 cup chopped nuts. Cream well the butter and honey, add well-beaten egg and orange peel. Sift together the flour, baking powder, salt and soda and add to the creamed mixture alternately with the orange juice. Add the nuts. Bake in greased loaf-pan, moderate oven, about 70 minutes. Good for school lunch sandwiches with cream cheese and marmalade filling.

Orange Bran Muffins

Cream together 1/2 cup each butter and sugar, add an egg and beat well. Stir in 1/2 cup of cereal bran, a teaspoon grated orange peel, 1/2 cup orange juice, 1/4 cup milk. Sift together 1 3/4 cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt and 1/4 teaspoon baking soda, and add, stirring only till the flour disappears. Fill greased muffin pans only 2-3rd full. Bake in moderate oven (400 degrees, or regulo 7) approximately 30 minutes.

Orange Tea Scones

Two cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 3 tablespoons butter, 3/4 to 1 cup milk—enough for a soft dough. Sift dry ingredients. Cut in shortening. Add milk to make soft but not sticky dough. Roll out to about 1/4 inch thickness and spread with orange



(C) Punch

N.Z. LISTENER, AUGUST 14, 1953.