

FLEXING ORANGES



RECIPE:

Orange, peach and ginger crumble

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
15430	Ambient	Peach Slices in Juice	1.2kg	6x2.5kg
75316	Chilled	Fresh Medium Oranges	4	1 x 6
58269	Ambient	Schwartz Stem Ginger	40g	6x1050g*
34079	Ambient	Everyday Favourites Plain Flour	480g	1x16kg
01586	Chilled	Everyday Favourites Unsalted Butter	300g	20x250g
40126	Ambient	Everyday Favourites Porridge Oats	120g	4x2kg*
80262	Ambient	Tate & Lyle Caster Sugar Drum	300g	1x3kg

Prep Time: 15 mins

Time to cook: 35 mins

Method:

For the filling:

- Drain peaches and segment the fresh oranges
- Finely dice the stem ginger and mix together
- Place in an oven proof dish

For the crumble:

- Place the flour in a large bowl and rub in the butter until it resembles fine breadcrumbs
- Stir in the oats and the caster sugar
- Spoon a tablespoon of the stem ginger syrup from the jar onto the peaches and top with the crumble mix – do not push down hard or it will become too dense

For baking:

- Bake in a moderate oven 170C for 30-35 minutes until golden brown
- Serve with custard, cream or ice cream

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RECIPE:

Orange, Cranberry and Walnut Loaf Cake

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
34079	Ambient	Everyday Favourites Plain Flour	500g	1x16kg
66032	Ambient	Tate & Lyle Light Soft Brown Sugar	400g	4x3kg
25611	Ambient	Dr. Oetker Baking Powder	10g	6x500g
25595	Ambient	Bicarbonate of Soda Bag	10g	6x500g*
04439	Ambient	Everyday Favourites Cooking Salt	5g	4x3kg*
09126	Chilled	Everyday Favourites Free Range Medium Eggs	2	1x180
75316	Chilled	Medium Orange	2	1 x 5
01587	Chilled	Everyday Favourites Salted Butter	60g	40x250g
		Hot water	60g	
32874	Ambient	Fine Foods Cranberries	250g	10x1kg
29577	Ambient	Everyday Favourites Walnut Pieces	250g	6x1kg

Prep time: 20 mins

Time to cook: 1 hour

Method:

To prepare:

- In a large bowl add the flour, soft brown sugar, baking powder, bicarbonate of soda powders, and salt, then mix well
- Break the egg into a jug and add the finely grated zest/juice of both lemons
- Melt the butter and add to the orange juice jug with the hot water
- Pour this into the dry ingredients and mix carefully until the dry ingredients are incorporated. Then add the cranberries and broken walnuts. Stir in until evenly distributed

For baking:

- Place in a large, deep greased loaf tin and bake at 160C for 1 hour - check the centre is cooked before removing, if not, cover the top with foil to stop the top burning and check again in 5 minute intervals
- Allow to cool in the tin

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RECIPE:

Spicy citrus salad

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
75316	Chilled	Medium Oranges	8	1 x 5
74939	Chilled	Ruby Grapefruit	2	1 x 4
04669	Ambient	Everyday Favourites White Wine Vinegar	30ml	2x5ltr*
13644	Ambient	Pure Olive Oil Tin	40ml	4x5ltr*
80262	Ambient	Tate & Lyle Caster Sugar Drum	10g	1x3kg
70379	Ambient	Everyday Favourites Ground Cumin	5g	6x450g*
70375	Ambient	Everyday Favourites Paprika	3g	6x500g*
04439	Ambient	Everyday Favourites Cooking Salt	3g	4x3kg*
50396	Ambient	Everyday Favourites Cracked Black Peppercorn	3g	6x450g*
75248	Chilled	Fresh Thyme	5g	1 x 100g
75375	Chilled	Red Onion	100g	1 x 1kg
89270	Ambient	Kalos Pitted Kalamata Olives	100g	1x2.5kg
75108	Chilled	Mint	20g	1 x 100g

Prep time: 30 mins

Time to cook: 40 mins

Method:

For putting together the salad:

- Peel the skin and pith off the oranges and grapefruit. Then cut them into 3-4 cm chunks, removing any obvious seeds
- In a bowl, add the white wine vinegar, olive oil, caster sugar, cumin, paprika, salt, cracked black peppercorn and the tender leaves of the thyme. Mix this well
- Add the citrus fruit with any juice that was produced to the bowl and then gently toss together
- Arrange on a platter and top with whole olives and mint leaves