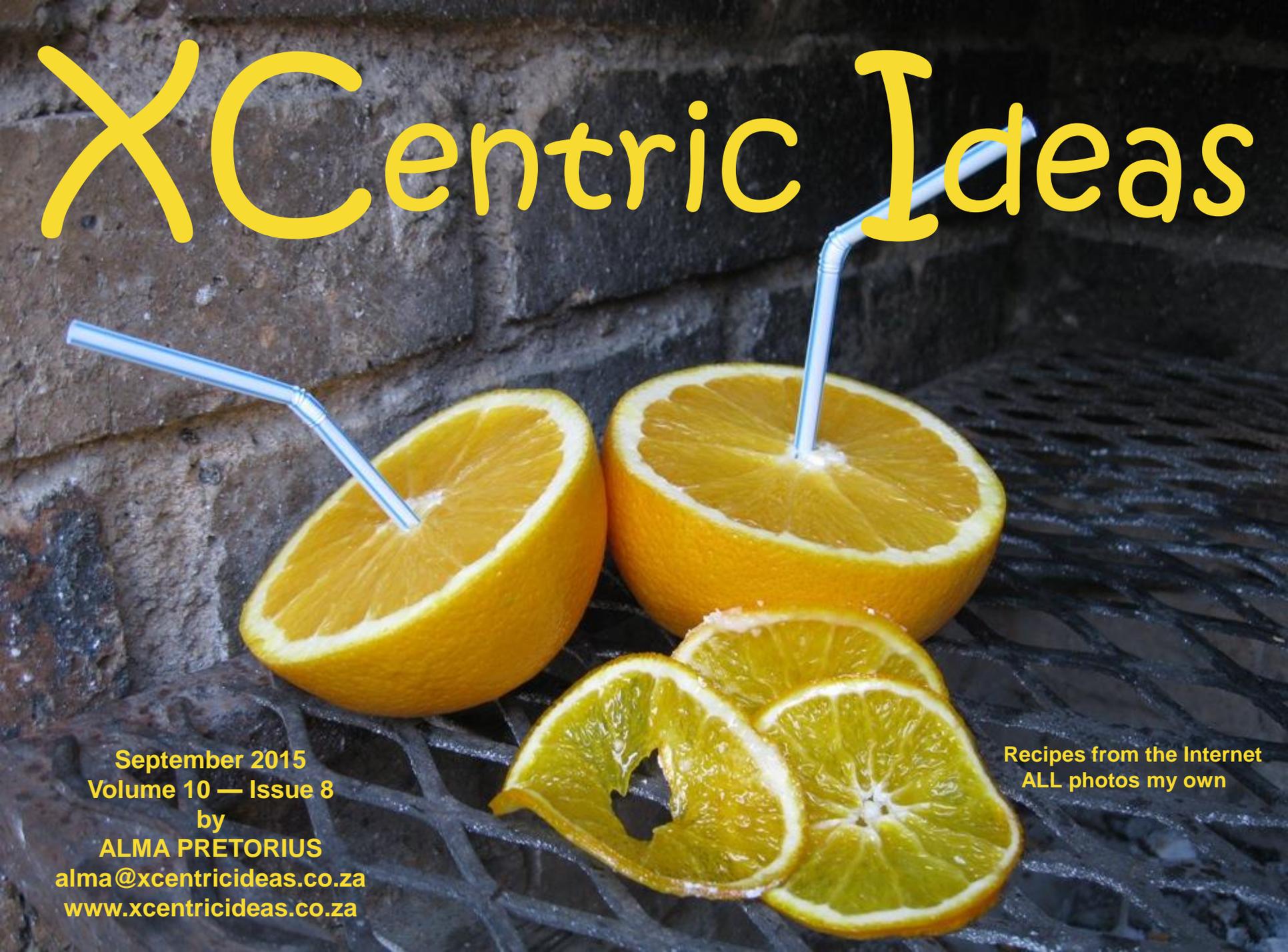


# XCentric Ideas



September 2015  
Volume 10 — Issue 8  
by

**ALMA PRETORIUS**  
alma@xcentricideas.co.za  
www.xcentricideas.co.za

Recipes from the Internet  
ALL photos my own

# Tips on using oranges (I didn't test it):

1. How to use a **whole orange**? Wash oranges, place in freezer. (*I normally place each one in a small freezer bag.*) Once orange is frozen, use a zester (fine grater) or grater and add the zest to your dish. No need to peel.
2. Clean your **sink**. Oranges can be used to safely clean most surfaces. Cut an orange in half and dip it lightly into a dish of salt. Scrub the inside of your sink with the salted orange. Rinse thoroughly.
3. Keep your brown **sugar lump free** because oranges can deter brown sugar from hardening. Place a two inch wide orange peel piece, pith and all, in with your brown sugar and keep in an air tight container. The skin puts moisture into the air inside the container, keeping the air damp.
4. Make delicious **homemade oil** for use on salad – give them as gifts, or just keep for your own kitchen. Place bits of orange peel (pith removed) and dried cranberries or a sprig of your favourite herb, into a decorative bottle and fill the remainder with extra virgin olive oil. Close the bottle and place it in a dark place. Remember to gently shake every few days. After several weeks the orange peels and herbs will impart a wonderful flavour to the oil. Decorate and give!
5. Make **citrus sugar**: Use fresh twists and add it to sugar, combining them in a jar. Let the oil from the peel infuse the sugar and after a few weeks remove the peel.
6. **Orange freshener**: Slice a large orange in half, and use a spoon to scoop out the pulp. Fill the inside of the orange with rock salt, which you can find at your local grocery store. The salt absorbs moisture from the air, whisking away damp and musty smells, while the orange peel releases a delightfully fresh scent. Position the orange-peel smell-buster on a plastic lid or small plate, and then place it where it's needed. Enjoy the freshness for several weeks, and then replace with a new orange peel filled with salt.

# Ginger Orange Mayonnaise

1 ½ cups mayonnaise  
5 tbsp orange juice  
5 tbsp lime juice  
2 ½ tsp orange zest (finely grated)  
4 tsp grated ginger root  
ground white pepper to taste

In a bowl, toss all ingredients together. Cover and refrigerate until ready to serve.

*Lovely with fish, as a dressing for potato / cauliflower salad.*



# Orange Chilli sauce a la Alma

8 green birds' eye chillies, chopped  
200g (1) orange, deseeded, chopped with skin and pith  
4 tsp crushed garlic  
2 tsp ground cumin powder  
2 tsp coriander powder  
2 heaped tsp grain mustard  
2 tsp fine black pepper  
4 tsp paprika  
½ c white vinegar  
½ c canola oil  
1 tbsp white sugar  
½ tsp fine ginger  
¼ cup water



In food processor, chop the chillies and orange finely. Put all the ingredients in a juicer and blend till smooth. If its too thick, add more oil.

Spoon into sterilised jars, keep in fridge. Shake before use.

Makes about 250 ml.

Very easy to double the ingredients. *Use with any meat, chicken, fish or cheese dish.*

# Lighter Orange Curd

1/3 cup strained, fresh orange juice  
1-2 tsp orange zest  
5 tbsp white sugar/fructose/sweetener  
1 large egg, room temperature

In a microwave-safe bowl, whisk together the sugar and egg until smooth.

Stir in orange juice, orange zest.

Cook in the microwave for one minute intervals, stirring after each minute until the mixture is thick enough to coat the back of a metal spoon. (*Mine took 4 minutes*).

*This is truly a spectacular curd!!! On the next page are fabulous ideas on how to use Orange Curd ....*



# ORANGE CURD – HOW TO USE IT

1. Use it as a cupcake filling (make a hole in the cupcakes and pipe it in).
2. Spread it between cake layers.
3. Spread on a crepe, roll up, powdered sugar on top.
4. Serve with croissants, muffins, scones or waffles.
5. Stir into cream cheese/smooth cottage cheese, place in the centre of a fruit tray to use as a dip.
6. Fill pre-baked tartlet shells with orange curd, top with a dusting of powdered sugar.
7. Spread on thin cake rounds, top with sweetened whipped cream and berries in alternating layers for individual serving-sized parfaits or trifles.
8. Fill curd into a pre-baked piecrust, and top with whipped cream.
9. Spoon onto ice-cream sundaes as a sauce; top with your favourite add-ons.
10. Soften vanilla ice cream in fridge, stir in orange curd and freeze again.
11. Fill into individual serving-sized meringues, top with a garnish, and serve as dessert.
12. Use as a cheesecake topping, or swirl into cheesecake before baking, for a special effect.
13. Stir berry preserves into individual servings of orange curd in small dessert glasses for an eye-catching dessert.
14. Pair orange curd with piece of thick Scottish shortbread.
15. Macarons, butter cookies, and nut wafers all taste great with orange curd spread between them.

# Orange pesto recipe (what a fab recipe!)

2 oranges  
3/4 cup chopped salted peanuts (or walnuts)  
1 tsp crushed garlic  
1 tablespoons white sugar  
1/2 extra-virgin olive oil  
1/4 cup freshly grated cheddar cheese / parmesan cheese  
1 teaspoon salt  
Freshly ground pepper  
Squeezed juice



Juice one of the oranges, removing any seeds. You should have 1/2 cup; set the juice aside for later. Chop what is left of the juiced orange — pith, rind, interior fruit and all — along with the other remaining orange (again removing any seeds); place the chopped oranges in a food processor. Add the nuts, garlic, sugar, olive oil and grated cheese; add the 1/2 cup orange juice, salt and pepper. Process until smooth. Taste and adjust. (Add more oil if it's too thick.)

(This pesto will last for 1 week in the fridge if the surface is covered with a layer of oil. *It increases in flavour and is surprisingly good!!!*)

Serve on hot steamed asparagus. Spread on bread, crackers. Serve with cheeses and crackers. Use as filler for cakes / cupcakes.

# Orange pickle a la Alma

400g oranges (that's about 2 normal sized), quartered, deseeded, leave skin on  
1 cup tap water  
¼ cup water  
¼ cup white vinegar  
1 tsp Ginger zest  
1 tsp Crushed garlic  
1 tsp lemon zest  
½ tsp ground cumin powder  
½ tsp ground coriander powder  
2 tbsp white sugar  
1 tsp salt  
½ tsp Cajun blend powder



Place the oranges in a microwaveable dish, add 1 cup tap water, microwave open for 10 min on High.

Add the ¼ cup water, ¼ cup white vinegar, sugar and spices. Microwave open for 5 min on High.

Or put everything in a pot on the stove and let it simmer for about 20 minutes, till orange skin is soft. Pour into sterilised jars, keep in fridge.

*Serve with meat, fish and cheeses. It's a lovely gift idea.*

# Fresh Orange Smoothie (“Orange Julius”)

A healthy orange smoothie made with FRESH oranges, and your choice of milk and sweetener.

4 fresh oranges, peeled

2 cups ice

1/3 cup milk (your preference - regular, soy, coconut, etc.)

1-2 tablespoons honey/agave/sweetener), if needed

1 teaspoon vanilla essence (optional)

Combine all ingredients in a blender, and blend until smooth. Add more ice if you would like.



# Orange Coconut Flour Gluten-Free Cake

6 x-large eggs, beaten  
1/4 cup (about 57g) coconut oil or butter, melted (I used butter)  
2 oranges (about 360g), zested  
2 oranges, juiced plus enough milk of choice (coconut, almond) to equal 1 cup  
1/3 cup honey (you can use sweetener but less than 1/3 cup)  
2/3 cup coconut flour (**do not substitute another flour**)  
1 heaping teaspoon baking soda  
1/4 tsp salt  
1 tbsp lemon juice

## Orange 'syrup' to pour over baked cake

2 Oranges, juiced  
2 Orange, zested  
Ginger zest (optional)



Preheat oven to 180 oC. Combine all cake ingredients in a mixing bowl and mix well. Line a square baking pan with baking paper, grease. Pour the mixture into the pan and bake for 22 minutes \*\* or until golden on top and the middle is cooked through. Remove from oven and let cool in pan for 5 minutes. Remove carefully, remove the baking paper and cut into squares. Poke each square a few times with a skewer.

\*Once the cake has cooled down, pour the orange 'syrup' over it. Refrigerate. Serve with **orange curd**. Or custard / ice cream / double cream yoghurt / whipped cream.

\*\* If you use a square baking pan, the cake is not so high and takes 22 minutes. If you use a smaller baking pan or bread loaf, the cake will take a bit longer to bake.