

## *Mrs Greenkeeper's Own Corner*

*with Ann Mawson*

Oranges should still be good, and as they are rich in Vitamin C, we really should make the most of them. There are so many different ways we can use them, and here are a few.

### **Orange Squash**

1 orange, 1 teaspoonful of demerara sugar, soda water.

Squeeze the juice into a tumbler, add the sugar and stir until the sugar has dissolved.

Add soda water and serve.

### **Orange Souffle Hot**

1½ oz. margarine, 2 oz. flour, 1 gill of milk, rind of 1 orange, 1 gill of orange juice, 2 oz. sugar, 3 eggs.

Mix the margarine and flour over a gentle heat and add the milk slowly, grated orange rind and juice; stir until boiling, remove from the heat, add the sugar and when slightly cooled, stir in the egg yolks. Whip the whites stiffly and fold into the mixture; turn into a greased souffle tin and steam very gently for 50 minutes or until well risen and set; turn out carefully and serve with orange sauce. To serve four people.

### **Orange Sauce**

1 large orange, 1½ oz. sugar, water, 1 teaspoonful of arrowroot.

Wash the orange and cut the rind off in thin strips (avoiding any white pith), now cut the strips into shreds. Remove the juice and make the liquid up to half a pint with water. Place the arrowroot, sugar and orange shreds into a small pan; add the liquid slowly, stir

until boiling, allow to simmer for 3 minutes then serve.

### **Orange Salad**

4 oranges, 2 oz. chopped nuts, 1 oz. coconut, 2 oz. brown sugar.

Remove the rind from the oranges, leaving no white pith. Cut them into thin circles, and remove any pips. Place the orange circles in a glass dish; sprinkle over first with the finely chopped nuts, then the coconut and lastly the sugar. Now leave in a cool place for at least 1 hour. To serve 4 people.

### **Orange Fritters**

2 oranges, caster sugar, deep fat for frying, milk, 1 egg, salt, 2 tablespoonfuls of flour.

Mix the flour and salt together in a bowl, and make a well in the centre. Drop in the egg and 1 tablespoonful of milk and beat in the dry ingredients from the sides of the bowl. Add sufficient milk to make a coating consistency. Beat well, cover and allow to stand in a cool place for 1 hour. Skin the oranges, peeling them like you would an apple, cut into circles, remove pips and dust with sugar, dip each slice into the batter, making certain the orange is well coated. Place into smoking hot fat and keep in motion until the fritter is a golden brown. Drain in soft paper and toss in sugar, and be sure to serve immediately.

To serve 4 people.

—Until April . . .