

Oranges with whiskey toffee

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Preparation: about 15 minutes
Cooking: about 15 minutes
Serves: 4

8 Navel oranges
1 cup sugar
50ml whiskey
Vanilla ice-cream, to serve

1. Peel, remove all white pith and cut oranges into 1/2 cm-thick slices. Arrange orange slices in serving plates.
2. Melt sugar in a heavy based non-stick frying pan over medium heat for 10–15 minutes until deep golden. Remove from heat and stir in whiskey (take care as it will splatter and become firm). Return to heat and stir until well combined and smooth. Drizzle hot toffee over oranges and serve with ice-cream.



Oranges

- Deserve their reputation as excellent source of vitamin C – one orange has almost two day's supply of this important vitamin.
- A source of beta carotene and many of its relatives in the carotenoid family. Beta carotene can be converted to vitamin A and other carotenoids are important in keeping the immune system healthy.
- Provide dietary fibre which is important to promote 'good' bacteria in the intestine.
- Low GI so that its carbohydrate is released slowly into the bloodstream.



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