



JELLY ORANGES makes 8



if you double this RECIPE it's GREAT for parties!

INGREDIENTS

- 4 oranges
- ½ cup caster sugar
- 2 teaspoons (10g) powdered gelatine
- ½ cup just boiled water

EQUIPMENT

- knife
- chopping board
- lemon squeezer
- teaspoon
- bowl
- kettle
- colander
- small and large saucepan
- wooden spoon
- 12 hole muffin pan
- measuring jug
- whisk

SOME adult SUPERVISION NECESSARY!

METHOD

1. Put a large saucepan of water onto the stove to simmer.
2. Cut oranges in half. Squeeze juice and pour into a jug.
3. In a small saucepan, combine orange juice and sugar. Over a low heat stir until sugar is dissolved. Bring to boil over high heat. Reduce heat to low and simmer for 10 minutes.
4. Meanwhile prepare the oranges. Using a teaspoon scrape out the flesh from the orange skins.
5. Turn off simmering water and ask an adult to immerse the prepared orange skins in the hot water for 1 minute. Drain in colander over the sink, and rinse with cold water. Place on a wire rack and drain well.
6. Put the drained orange halves into 8 holes in your muffin pan. Whisk gelatine briskly with ½ cup just boiled water in a small jug, making sure all the gelatine is dissolved. Pour gelatine mixture into the hot, reduced orange juice and mix thoroughly. Pour into orange skins.
7. Chill in the fridge for 3 hours or overnight until set.
8. Serve whole or cut into wedges.

FROM THE MARKET

- Navel Oranges – Coinda Proprietors
- EEK Karagiannis
- Fat Goose Fruits
- B & A Andonopoulos