

A love for lemons

- 3 Citrus-Forward Recipes -



Fennel and Orange Salad

SERVES 4 - COOK IN 30 MINUTES



Ingredients

- 3 fennel bulbs
- 2 oranges
- 50g pine nuts
- 20g raisins
- 10g pumpkin seeds
- Extra-virgin olive oil
- Apple cider vinegar
- Salt

Preparation

1

Begin by juicing one orange and leave the raisins to soak in the orange juice for approximately 10-15 minutes. Peel and thinly slice the remaining orange, making sure to eliminate the bitter white parts of the peel.

2

Wash and dry the fennel, and proceed to remove the stalks and leaves (fronds) and any hard or woody pieces. Using a mandolin, shave the bulb of the fennel and place in a bowl of ice water – this will help us retain the crispness and crunch of the raw fennel. Place the pine nuts in a frying pan on medium heat and toast evenly, approximately between 5-10 minutes. Place aside to cool.

3

Drain the raisins, making sure to preserve the orange juice. In a kitchen beaker (or bowl with high sides), add orange juice, apple cider vinegar, Extra-virgin olive oil and salt. Blend the mix with an electric mixer or immersion blender. Begin to assemble the salad: drain and place the fennel to a large bowl with the raisins. Add the sliced oranges, dress with the emulsion and add the toasted pine nuts. For that final crunch, add the pumpkin seeds and mix well. Buon Appetito!

Spaghetti with Orange and Lemon Zest

SERVES 4 - COOK IN 45 MINUTES



Ingredients

- 300g spaghetti
- 2 oranges
- 1 lemon
- 10g butter
- ¼ onion, chopped
- 100ml single cream
- White wine
- Salt and pepper

Preparation

1

Begin by peeling and cutting the peel of the fruit into thin strands. Juice both oranges and lemons, putting the juice aside. Cook the peels in boiling water for 5 minutes – this will remove some of the bitterness, and then drain.

2

In a frying pan, melt the butter, add the onion and cook until translucent. Increase the heat to medium-high, pour in a large splash of wine white and simmer until the liquid is reduced. Add the drained fruit peels, orange and lemon juice, and single cream. Simmer for 5 minutes, before seasoning to taste with salt and pepper.

3

Bring a pot of water to boil and cook your spaghetti. If you prefer your pasta al dente, make sure to cook the spaghetti 1 or 2 minutes less than instructed. You can then cook the spaghetti for an additional minute in the frying pan with the orange and lemon zest sauce. Buon Appetito!

Candied Citron (“Cedro”)

MAKES 2 CUPS OF CANDIED CITRON - COOK IN 1 HOUR PLUS OVERNIGHT TO DRY



Ingredients

- 2 Citrons
- 600g caster sugar, plus 100g for tossing the fruit
- 500ml water plus extra for blanching
- 1 tablespoon light corn syrup (optional)

Preparation

1

Wash, dry and cut the citrons into 2cm cubes. Place the pieces in a large saucepan with enough water to cover, and proceed to blanch the citron for 35-45 minutes. You will know when they are ready, as the citron becomes translucent.

2

Drain the citron and then combine with sugar, 500ml of water, corn syrup (optional) in the same saucepan. Bring the pot to simmer and cook, stirring occasionally to ensure the citron doesn't stick or burn on the bottom of the pan. Once the syrup reaches 110 degrees Celsius (°C), remove from the heat and cool at room temperature. Drain the citron of any excess liquid.

3

Spread the drained pieces onto a wire rack (or in a strainer) and leave to dry for 24 hours. Toss the pieces of citron in sugar and leave to sit on a wire rack for at least 2 hours. Enjoy as a snack, with marmalade or as decoration on a cake. Buon Appetito!