



Recipe from: [My Catholic Tradition](#)

Oranges in Syrup

This recipe works well with most citrus fruits — for example, try pink grapefruit or sweet, perfumed clementines, which have been peeled but left whole.

SERVES SIX

6 medium oranges

1 cup sugar

1/2 cup fresh strong brewed coffee

1/2 cup pistachio nuts, chopped (optional)

Cook's Tip

Choose a pan in which the oranges will just fit in a single layer — use a deep frying pan if you don't have a pan that is U large enough.

Finely pare, shred and reserve the rind from one orange.

Peel the remaining oranges.

Cut each one crossways into slices and then re-form them, with a cocktail stick (toothpick) through the center.

Put the sugar in a heavy pan and add 1/4 cup water.

Heat gently until the sugar dissolves.

Bring to the boil and cook until the syrup turns pale gold.

Remove from the heat and carefully pour 1/2 cup freshly boiling water into the pan.

Return to the heat until the syrup has dissolved in the water.

Stir in the coffee.

Add the oranges and the rind to the coffee syrup.

Simmer for 15–20 minutes, turning the oranges once during cooking.

Leave to cool and then chill.

Serve sprinkled with pistachio nuts.

Alternatively, serve the oranges with 1 1/4 cups whipped cream flavored with 1 tsp ground cinnamon, or 1 tsp ground nutmeg or with plain yogurt.