



Orange Spoon Sweet

INGREDIENTS

- 10 oranges, Merlin variety, thick skin
- 1 lemon
- 2-3 kg sugar

EXECUTION

Wash the oranges well with plenty of water, cut away any peel blemishes and wipe dry.

Place the oranges in a large pan of water and boil for 40-50 minutes until quite soft but still intact. If necessary, add more water during boiling.

Drain off the oranges in a colander and set aside. When completely cool, wipe dry with a clean towel and slice off the tops and tails. Cut each orange vertically into 4 or 8 pieces, depending on the required size.

Sprinkle a layer of sugar in a stainless steel baking tray, place a layer of orange pieces over the sugar. Repeat until all the orange pieces have been used. You will need about 4-5 oranges for each kilo of sugar. The final layer of oranges must be covered with a greater amount of sugar. Cover with a cloth and set aside somewhere cool for 10-12 hours.

The oranges in the baking tray will have released juice. Pour this juice into a pan, add more juice from 2-3 oranges and the juice of half a lemon. Boil these juices at medium heat, constantly removing any froth with a large spoon or ladle. Keep boiling until there is very little froth and add the pieces of orange from the baking tray. As the liquid boils, continue to remove any froth that forms on the surface.

When the juices reach a syrupy consistency, carefully remove the orange pieces and place in a stainless steel baking tray. Continue to boil the syrup. When the syrup has thickened slightly, remove from the heat and allow to cool, add the orange pieces and set aside for 24 hours. The next day, if the fruit has released more juice, boil the mixture once again and remove any froth.

When the mixture no longer produces froth, the spoon sweet is ready.

Allow to cool for a few hours and place in well sterilized glass jars. The sweet is served on small glass dishes with a tumbler of iced water but is also delicious with yogurt, ice cream or any white cream.