St. Elizabeth's Kitchen Corner

Volume 1 November 2019

Food of the Month

Orange

Fun Facts about Oranges

- About 85 percent of all oranges produced are used for juice.
- There are over 600 varieties of oranges worldwide.
- A typical orange has 10 segments.
- Orange peel sprinkled over a vegetable garden is an effective slug repellent.
- The white orange blossom is the state flower of Florida.
- "Orange" was first used as the name for a color in 1542.
- Oranges originated around 4000 B.C. in Southeast Asia, from which they spread to India.
- Orange is a type of berry (hesperidia to be exact)
- Navel oranges get their name from the belly-button formation opposite the stem end.
- You will have to eat 7 cups of cornflakes to get the same amount to fiber you would get from one medium orange!
- One orange supplies a full days Vitamin C requirement

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How to Pick an Orange

Selecting Oranges at a Supermarket

Choose oranges that feel heavy for their size and have firm, finely textured skin.

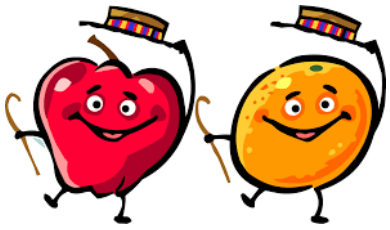
Skin color is not an indicator of flavor or ripeness.

Those with greenish hues can be just as tasty as bright orange ones.

Avoid any oranges with soft spots or those that feel spongy.

Storing an Oranges

Whole oranges store best unwashed, because moisture on the skins can lead to mold and spoilage. Store the oranges *at room temperature out of direct sunlight or in the refrigerator for up to two weeks, depending on your preference. Keep them in a net bag or an open bowl so air can circulate freely around the* oranges.



Recipes

Orange Dream Bars

Ingredients

Crust:

- 1 cup unsalted butter
- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/4 teaspoon salt

Filling:

- 1/2 cup fresh squeezed orange juice I used mandarins, about 6 of them
- 1 teaspoon orange zest
- 1 1/2 cups granulated sugar
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 4 large eggs
- Powdered sugar for topping

Instructions

1. Preheat oven to 350F. Line a 9x13" pan with foil or parchment paper and spray with nonstick cooking spray.
2. Beat butter with a hand or a stand mixer until creamy, then add the flour, sugar, and salt and beat until a dough forms. (If you're using a hand mixer it will take extra time.) Press the crust into the bottom of the prepared pan. Bake for 18 minutes.
3. A few minutes before the crust comes out of the oven, prepare the filling. Place all filling ingredients into a blender jar and blend until smooth, a few seconds to almost a minute, depending on your blender.
4. Carefully pour filling over evenly over hot crust. Return to oven and bake until the top is no longer jiggly, about 20-23 minutes. Cool completely before dusting with powdered sugar and slicing into bars.

Continued from page 1

Recipes (cont.)

Whole Orange Cake

INGREDIENTS

- Cooking-oil spray
- 1 cup butter, softened
- 1 1/4 cups granulated sugar
- 3 large eggs
- 2 oranges (about 1 lb. total), ends trimmed, then cut into chunks and seeded
- 2 1/2 cups flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 2 teaspoons baking powder
- 1 1/2 cups powdered sugar

2 tablespoons plus 1 tsp. orange juice

Preheat oven to 325°. Coat a 10-cup Bundt pan with cooking-oil spray. In a large bowl with a mixer on medium speed, beat butter and granulated sugar until fluffy. Beat in eggs.

Whirl orange chunks in a food processor until mostly smooth but not puréed. Add 1 1/2 cups orange mixture to batter and beat until blended.

Add flour, salt, baking soda, and baking powder to bowl and beat until smooth. Spread batter in prepared pan.

Bake until a toothpick inserted in the center comes out with only a few crumbs clinging to it, about 55 minutes.

Cool pan on a rack 10 minutes, then invert cake onto rack and let cool completely.

Whisk together powdered sugar and orange juice in a small bowl. Drizzle over cooled cake. Let glaze set, and then slice cake

Orange Julius Smoothie

INGREDIENTS

- 1 cup ice cubes
- 1 medium frozen banana
- 1/2 cup plain Greek yogurt
- 1/2 cup orange juice
- 2 teaspoons pure vanilla extract
- orange zest, from 1 orange
- 1 large orange, peeled and segmented (about 1 cup sliced)
- 1 tablespoon ground flaxseed
- t teaspoon Sweetener, (honey, maple syrup, agave, if desired)

Add ice, banana, yogurt, orange juice, vanilla, orange zest, oranges, ground flaxseed, and sweetener (if using) in a blender.

Process ingredients in the blender until smooth for about 60 to 90 seconds.

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Kid's Corner

Jokes

Q: Last night I had a dream that I was swimming in an ocean of orange soda
A: I guess it was just a Fanta sea!

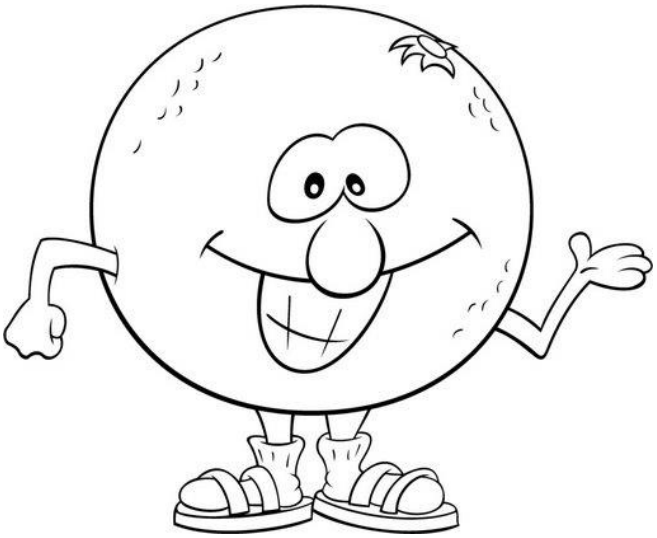
Q: What is orange and sounds like a parrot?
A: A carrot.

Q: What did the teacher say to the student?
A: Orange you glad to see me?

Q: Why did the orange go out with a prune?
A: Because he couldn't find a date!

Q: Why did the man stare at the carton of orange juice?
A: It said concentrate!

Color the orange



Activity

Orange Clove Pomanders

1.) Select a plump, round navel orange

2.) Wrap a colorful ribbon of your choice over the top and twist it tightly at the bottom.

3.) Secure the twist with a pearl-headed silk straight pin.

4.) Bring the ribbon up the opposite sides, tuck under the top piece and tie an overhand knot.

5.) Tie a bow.

6.) Gather a bowl of whole cloves with the heads intact. These are the most fragrant and easier on your fingers to push into the orange.

7.) Decide on a geometric or abstract pattern. I like to fill the orange totally full of cloves for maximum fragrance.

8.) Use a T pin, toothpick or needle to poke holes into the orange skin. This makes pushing the cloves in much quicker and easier on the fingers.

9.) Fill the orange with cloves.

10.) Breathe deeply the intoxicating scent.

Place in a cool room for a few days. As it dries, the orange will begin emitting its wonderful scent. The dried orange is preserved and the aroma lasts and lasts.

Orange Word Search

G R R S X B H S Q A L L D W C
D K E F U E D Q C Y D D H S G
W C B E E E B Y Z P T K I L L
T O I P A G J F E B K D S U M
G F F S Q I Y C W R A T P R S
W C B E A H P G R L T F T P Z
X S S W N B H P E G N E L Q V
H E G N A R O V H T Y R X S Y
L W I P A P A C V X K J X J J
V B P R D N F R U I T P Z A Z
T R P F E G O U J A D V E V Y
W W R E G C Y A K Y B O T K I
X F O P B D I B M K E U W S H
S O S D R I O U O Z A X M Q C
T Y H G I N D K J B T F Z F D

Orange
Juice
Fiber
Navel
Fruit