

Kitchen Garden at Collingwood College 2018

Name of Recipe: Oranges & (Watermelon) with Orange & Lime Caramel Syrup

Volunteer Notes: The children need to practice their knife skills with this to ensure getting all the pith off. (See Des for allergies to melon)

Supervise the caramel sauce.

Keep the large pieces of skin for candying. I will demonstrate.

What to collect	What to do
8 x oranges Juice squeezer Thick base pot Spoons Edible flowers Mint leaves, picked, washed and finely shredded. Watermelon-skin off & diced or melon balled-see Des	Wash the oranges and dry them. With a sharp knife remove the peel and all the pith. Keep aside for candied peel. You can thinly slice some to scatter over our oranges. Cut the oranges into ½. Lay flat side onto board & thinly slice lengthways and divide onto 3-4 plates. Arrange beautifully and add the watermelon on top/ wrap in glad wrap and put into the fridge while making the sauce.
Syrup: 2 cup sugar 1 cup water 2 x limes zested and juiced	To make the syrup, put the water & sugar in a pot and stir until dissolved. Heat until a rich caramel colour. Quickly pour over the juice. Watch out here for splatter burns. Gently return to the heat & stir the syrup until smooth.
3-4 plates & spoons for serving	10 mins before serving pour the syrup over the oranges and decorate with mint & edible flowers.
<ul style="list-style-type: none">• Candy Peel• Remove all the pith from the oranges then blanch 3 times• Make thick sugar syrup and poach the peel until translucent.• USES:• Take out & lay on a cake rack to dry 3-4 days. You can then toss in caster sugar or dip in good chocolate.	

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