



RECIPE

SPICED ORANGES

Makes 3.25kg/7lb

Ingredients

18 small oranges
1.25kg granulated sugar
1 pint white wine vinegar
1½ cinnamon sticks
1tsp whole cloves
6 blades mace

Method

Cut the oranges into 7mm/ ¼ inch thick slices discarding the ends and removing pips.

Place in a wide pan and cover with cold water. Bring to the boil and drain.

Do this 5 times and on the last time gently tip the pan to drain off the juices and set the pan aside.

Place the remaining ingredients in a large pan and stir over a medium heat until sugar is dissolved.

Bring to the boil for 4 minutes. Pour carefully over the orange slices and cook for 5 minutes.

Pack the orange slices carefully into jars – this is best done with your hands, even if it is sticky work. Pour over the syrup to cover.

Seal and leave in a cool dark place before using.

This dish gets better with age (!) as the flavours develop so the longer you leave it the better. Two weeks minimum recommended.