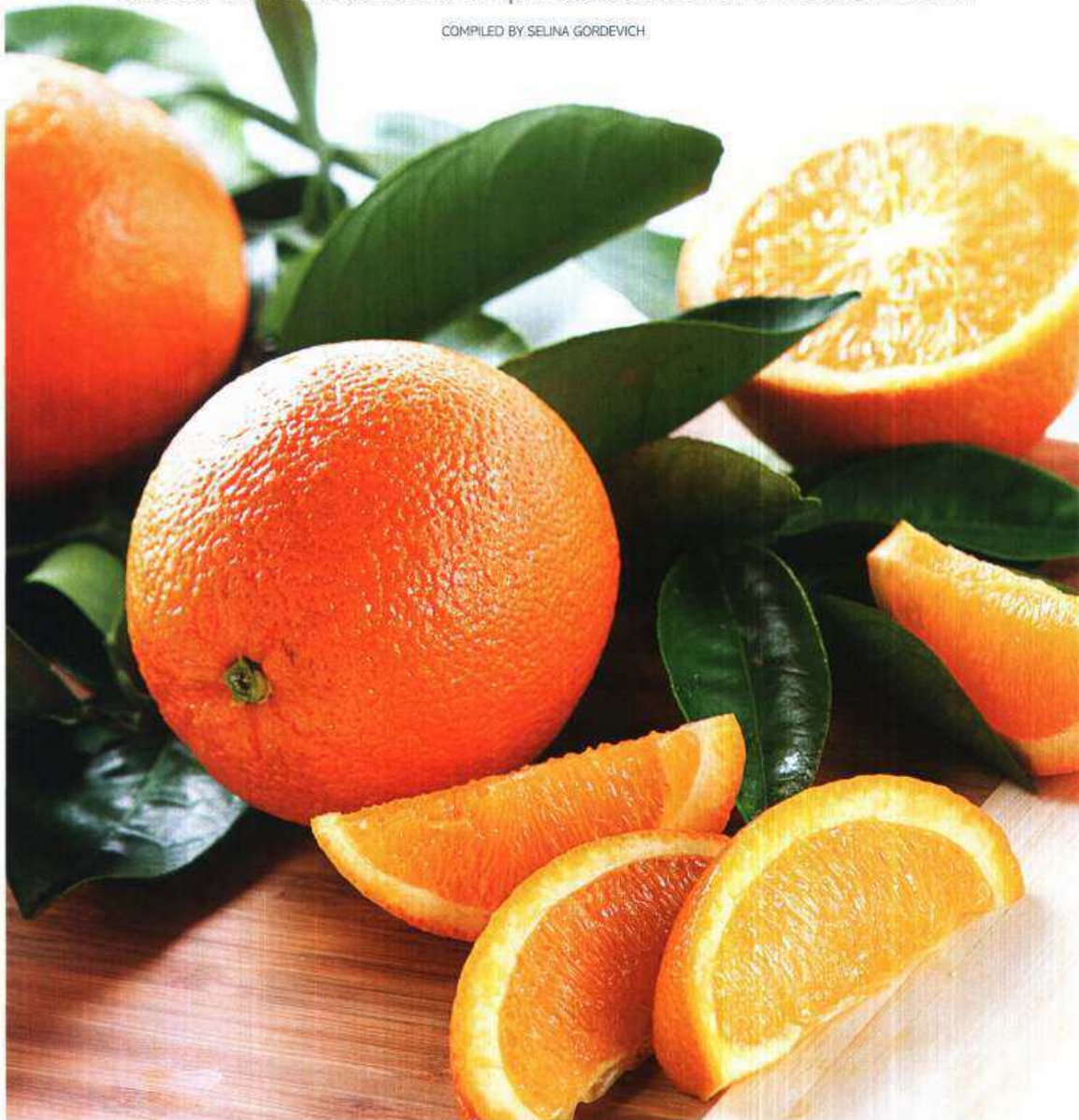


MH | ON THE MENU

# ORANGE CRUSH

Squeeze the most out of the fresh Australian oranges available this season with these yummy recipes developed for Citrus Australia by celebrity chef Kim McCosker. Well known for the bestselling recipe book *4 ingredients* and the TV show of the same name, Kim has created some delicious and simple dishes that won't break the bank.

COMPILED BY SELINA GORDEVICH





**CARROT, GINGER AND ORANGE SOUP**

Serves 4

**Ingredients**

- 4 carrots, peeled and evenly sliced
- 1 tbs freshly grated ginger
- 2 oranges, juiced and zest of one
- 2 cups vegetable stock

**To serve**

- Crème fraîche
- Fresh chives
- Pepper
- Bread slices or bread rolls

**Method**

1. Add all the ingredients to a saucepan and bring to the boil, then reduce heat, simmering for 20 minutes or until carrots are tender.
2. Place saucepan contents in a blender, or use a hand blender, and blend the soup until smooth.
3. Season with pepper to taste and serve with a dollop of crème fraîche, a sprinkle of freshly cut chives and some sliced bread.

**FLU-BUSTER SMOOTHIE**

Serves 2

**Ingredients**

- 3 oranges, juiced
- 1 cup fresh strawberries, halved
- ¾ cup diced pawpaw
- 1 frozen banana, sliced

**Method**

1. Place all ingredients in a blender and blend until smooth.

**DID YOU KNOW?**

THIS TERRIFIC SMOOTHIE HAS A TRIPLE DOSE OF VITAMIN C AND IS PERFECT FOR THOSE 'FEELING-LOUSY' KIND OF DAYS – ENJOY!



**CARAMEL AND ORANGE PORK RIBS**

**Ingredients**

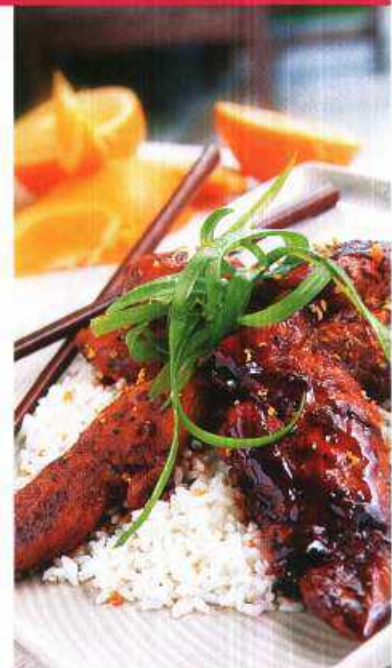
- 1 kg pork spare ribs, cutting between short bones
- Cooked rice
- Shallots to garnish

**Orange Marinade**

- ½ cup teriyaki sauce
- 2 tbs maple syrup
- 1 tbs grated ginger
- 1 orange, rind of half and juice of all

**Method**

1. To make orange marinade, combine all the ingredients in a shallow bowl.
2. Add ribs to the marinade and turn to coat. Cover and refrigerate overnight to marinate, turning pork several times.
3. Stand marinated pork at room temperature for 30 minutes before ready to cook.
4. Preheat a covered barbecue on medium. Drain ribs from marinade and cook for 30 to 40 minutes, brushing regularly with marinade and turning frequently, until cooked.
5. Serve with hot rice and garnish with shredded shallots.



**RUSTIC LOAF WITH PROSCIUTTO AND ORANGES**



Serves 8

**Ingredients**

- 1 loaf of chevy, country-style bread
- 12 cloves garlic, peeled
- ¼ cup olive oil
- 4 oranges, peel, pith and seeds removed, thinly sliced
- 200g prosciutto

**Method**

1. Cut the loaf into one to two centimetre thick slices and grill both sides for one to two minutes or until golden.
2. Transfer to a plate and cover to keep warm. Arrange the garlic cloves, orange slices and prosciutto on a platter and serve with the olive oil.
3. Each person should crush a clove of garlic to rub over toast, then drizzle olive oil on the bread and add a slice each of orange and prosciutto to it.



**ORANGE-GLAZED ROAST PORK**

Serves 4

**Ingredients**

- 1.4kg pork loin roast, boneless
- 2 tbs flour
- 2 tsp chicken stock
- 1/2 tsp cinnamon
- 1/4 cup orange juice
- 1/2 tsp thyme leaves
- Orange peel
- Fresh herbs to garnish

**Method**

1. Preheat oven to 160°C.
2. Place flour in an oven bag and add chicken stock, cinnamon and orange juice – squeeze the bag to blend ingredients.
3. Rub the roast with thyme, salt and pepper and place it in the cooking bag, fat side up. Secure the bag closed with a nylon tie and make six half-inch slits in top.
4. Bake for one to one-and-half hours or until the meat thermometer registers 75°C.
5. Once cooked, remove the roast from the bag and slice. Serve with the remaining sauce from the bag and garnish with orange peel and fresh herbs of your choice.



**WHOLE AUSSIE ORANGE CAKE**

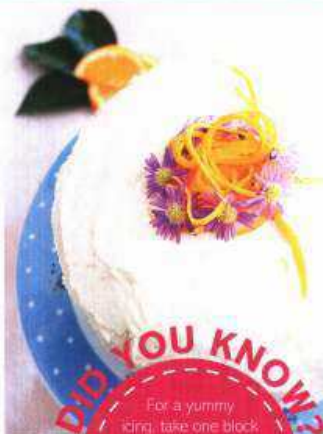
Serves 8

**Ingredients**

- 1 orange, quartered, de-seeded and de-pithed
- 180g melted butter
- 3 eggs
- 1 cup caster sugar
- 1 1/2 cups self-raising flour
- Icing of choice
- Orange peel

**Method**

1. Preheat oven to 180°C and line two 15cm cake tins with baking paper.
2. In a blender, process the orange until pureed. Add remaining ingredients and blend until combined.
3. Pour into prepared cake tins and bake for 40 minutes. Remove from oven and cool on a rack. To serve, top with your favourite icing and decorate with some orange peel and fresh flowers!



For more delicious Citrus Australia recipes visit [www.citrusaustralia.com.au](http://www.citrusaustralia.com.au)

MH | WINE

**REDHOT**

Top off a cosy night in with a glass of fabulous red wine!



**2010 [yellow tail] Cabernet Sauvignon**

Packed with blackberries, cocoa and vanilla flavours, this red offers a balanced and well-structured palette of berry and spice.



**2010 [yellow tail] Merlot**

Soft tannins round out ripe fruit flavours to present a fine wine which is rich, gentle and smooth.



**2010 [yellow tail] Pinot Noir**

This light-bodied red features prominent notes of strawberry, violet and dark cherry, with soft, velvety flavours of plum and spice.



**2010 [yellow tail] Shiraz**

Smooth vanilla with red and black berry notes are balanced with earthy tones and a ripe fruity sweetness. This red is big, bold and bright.

[yellow tail] wines are \$9.99 each, available from leading liquor retailers.