

ASU SEVILLE SOUR ORANGE RECIPES

ASU Seville sour oranges can be substituted for lemon in any recipe. Freeze the concentrated juice in ice cube trays then turn out the cubes in freezer bags. The cubes will last all season. The juice makes great orangeade, cut the juice with water & sugar just like lemonade.

ASU SEVILLE ORANGE BUTTER COOKIES

Makes about 3 dozen small cookies

Ingredients

2 Seville oranges	7 Tbsp (3 ½ oz) chilled, unsalted butter, diced
½ cup + 2 Tbsp Flour	1 large egg yolk
½ cup corn meal or corn flour	1 cup confectioner's sugar
1/3 cup granulated sugar	½ cup finely ground, toasted nuts- <i>optional</i>
1 tsp fleur de sel (sea salt)	

Directions

1. Grate orange(s) to yield 1-2Tbs of finely grated zest.
2. In a large mixing bowl, combine flour, corn meal, granulated sugar, salt, zest, (and nuts). Add butter with fingertips or pastry blender until batter forms pea-sized crumbles.
3. Add egg yolk, stir with a fork until blended and knead dough until it comes together to form a ball. If too dry, add a little ice-cold water, if too sticky add 1 Tbs flour.
4. Roll dough into a ball, wrap in plastic and put into the fridge for about 20 minutes.
5. Preheat oven to 350°.
6. Bring out dough from fridge and roll with rolling pin until approximately 1/4inch thick. Sprinkle flour over surface and rolling pin to prevent sticking. *This can be any thickness desired. Thinner makes a nice crisp butter cookie. Also, a pint glass sprinkled with flour make a good substitute for a rolling pin.*
7. Cut dough with cookie cutters of choosing and place cookies on sheet. Gather remaining dough, repeat cutting and laying process.
8. Bake for 7-10 minutes, until desired preference of golden brown and let cool completely before frosting.
9. For icing: Squeeze oranges to get 3Tbs of juice. Whisk juice into confectioners' sugar until smooth and syrupy. Use brush or back of spoon to glaze the cookies. Let stand until glaze is set. The cookies will keep for up to a week in an airtight container at room temperature.

Chilling is not necessary, but it's easier to form the dough into a log, freeze for 30 minutes, and slice off cookies to avoid rolling out/cookie cutter process.

NO FAT SOUR ORANGE SALAD DRESSING

Ingredients

Juice of 1 sour orange	1 teaspoon chopped chives
1 cup plain yogurt	1/2 teaspoon garlic salt
2 tablespoons honey	

Mix well.

CUBAN MOJO SAUCE MADE WITH ASU SEVILLE ORANGES

This recipe makes one cup.

This sauce makes a great marinade for poultry, beef & pork.

Ingredients

1/3 cup olive oil	1/2 tsp ground cumin, salt, and freshly ground black pepper, to taste
6 to 8 cloves garlic, thinly sliced or minced	
2/3 cup sour orange juice	

Directions:

1. Heat the olive oil in a deep saucepan over medium heat. Add the garlic and cook until fragrant and lightly toasted. Don't let it brown or it will be acrid tasting, just about 30 seconds should do it.
2. Add the sour orange juice, cumin and salt and pepper. **STAND BACK**; the sauce may sputter. Bring to a rolling boil. Taste and correct seasoning, if needed.

SEVILLE ORANGE MARMALADE

Makes 5 eight-ounce jars

Ingredients

5-6 Seville Oranges	Cardamom
2 quarts water	Cinnamon sticks
6 3/4 cups sugar	

Directions:

1. Scrub fruit, place in a large bowl, and cover with boiling water. Let stand 2 minutes, then drain. Remove peel in thin slices with a zester, or cut off with a sharp knife into thicker pieces, as desired. Tie peel in a piece of cheesecloth with cardamom seeds (from the pod) and broken up cinnamon sticks to preference (recommend use about 1Tbs seeds, 2 sticks); set aside.
2. Chop remaining pith and fruit into small pieces. You can do this with a food processor, but do not puree.
3. Combine chopped fruit, cheesecloth bag, and water in a 4-quart stainless-steel pan. Cover, and simmer 2-3 hours over low heat, until reduced by almost half. Remove cheesecloth bag, and set aside.
4. Strain contents of pan, pressing to extract liquid. Discard solids, and return liquid to pan. Add sugar and dissolve over low heat. Bring to a boil. Add peel from cheesecloth, and simmer over medium heat, until mixture reaches 221 degrees on a candy thermometer or falls in sheets from a spoon, about 1 hour.
5. Store the marmalade in jars in the refrigerator for up to 4 weeks.

If you seal them via canning process, can store unopened up to one year.

This recipe was inspired by Najmieh Batmanglij which called for verjus (the sour juice of unripe grapes, not the alcoholic beverage) and Seville orange juice. Not having access to those ingredients, I came up with this version which has already been repeated several times in our kitchen.

FISH IN PERSIAN SWEET-AND-SOUR SAUCE

Serves 4

Ingredients:

Olive oil	1/2 teaspoon salt
1 bunch scallions, white and light green parts chopped	1/4 teaspoon each cumin, cinnamon, cardamom, and nutmeg
2 cloves garlic, crushed	1 tablespoon sugar or honey
Juice from 2 large sour oranges plus	4 thick fish fillets (about 2 lb) like orange roughy, trout, or sea bass
1 teaspoon orange zest	1/4 cup flour
1 cup tomato juice	
1/4 cup lime juice	

Directions:

1. Combine pomegranate juice, tomato juice, orange juice and zest, lime juice, salt, spices, and honey in a bowl.
2. In a saucepan heat a few tablespoons of olive oil. Add the scallions and garlic and sauté over medium heat until softened, a few minutes. Add the juice mixture and bring to a boil. Taste the sauce: it should be both sweet and sour, add more honey if necessary. Simmer for 2-3 minutes, then set aside.
3. Preheat oven to 450 F. Get out a large casserole or baking dish.
4. Pat the fish fillets dry and sprinkle with salt, then rub a thin sprinkling of flour on the fillets to coat on both sides. Heat a few spoonfuls of olive oil in a wide pan. Fry the fillets for 2 minutes on each side. You want the outside of the fillet to be "sealed" but the inside will not be done.
5. Place fillets in the baking dish. Pour the sauce over the fish and place in the oven. Bake 7-12 minutes, until the fish is just done. Serve immediately, with rice or bread.

SOUR ORANGE PIE

Time: About 1 hour, plus 2 hours freezing

For the crust:

1 1/2 cups fine graham cracker crumbs
1/4 cup sugar

3/4 cup butter, melted and cooled
Butter for greasing pie pan

For the filling:

1 14-ounce can sweetened condensed milk
2 tablespoons whipping cream
5 egg yolks
1/2 cup plus 1 tablespoon strained sour orange juice

1 tablespoon sour orange zest
1 1/2 tablespoons sweet orange zest
1 pint whipping cream
Mint sprigs for garnish.

Directions

1. Preheat oven to 350 degrees. In a bowl, combine cracker crumbs and sugar; add melted butter and mix thoroughly. Grease the bottom of an 8-inch pie pan and press mixture firmly into it, creating an even layer on bottom and sides. Bake 15 minutes.
2. As crust bakes, whisk condensed milk, cream and yolks together in a non-reactive bowl. Mix in sour orange juice and both zests, reserving 1/2 tablespoon sweet zest.
3. Remove crust from oven, set on a rack and cool 10 minutes. Reduce oven temperature to 325. Stir pie filling once to distribute zest, and then pour into crust.
4. Bake pie 14 minutes or until filling is set. Cool half an hour before placing in freezer for at least two hours. Just before serving, whip cream; spread on top, sprinkle with remaining zest and garnish with mint. Yield: 8 servings.

Candied citrus peel is great for baking hot cross buns and fruit cake. It's also good by itself as a candy or dipped in chocolate - yum!

CANDIED CITRUS PEEL

Ingredients

6 – 10 large Seville sour oranges
2 c. cane sugar

1 1/2 c. spring water
1/2 c. light corn syrup

Directions

1. Slice stem and blossom ends off citrus fruit. Without cutting into the flesh, with tip of paring knife, score citrus fruit peel into quarters. With fingers, pull off peel; reserve fruit for another use.
(I usually slice for salad) Repeat with remaining fruit. (If using thick skinned citrus like pommels or navel oranges, remove peel as above but pull and discard as much of the peel's thick white membrane as possible.
2. Cut citrus peels into strips about 1/2 inch wide and 2 to 3 inches long. Or, using 1 1/2-inch-long by 1-inch-wide cookie cutters, cut into decorative shapes. When using cookie cutters, place peel on a cutting board and cut through the white side of peel; then, if necessary, use a rubber mallet or hammer to pound through peel.
3. In 5-quart saucepot, heat peels and enough cold water to cover to boiling over high heat. Boil 15 minutes. Drain peel and rinse. Repeat two more times to remove bitterness from peel.
4. In same pot, heat sugar, spring water, and corn syrup to boiling over high heat, stirring until sugar dissolves. Stir in peel and reheat to boiling. Reduce heat to medium and cook, stirring occasionally, until most of the syrup has been absorbed 45 to 55 minutes.
5. Arrange pieces of peel in single layer on wire racks set over trays or waxed paper. Let candied peel dry at room temperature, lightly covered with waxed paper for several days. Store candied peel with waxed paper between layers in airtight container in cool dry place.