

A Pretty Dish Of Oranges

Ingredients

6 large oranges, 1/2 lb. of loaf sugar, 1/4 pint of water, 1/2 pint of cream, 2 tablespoonfuls of any kind of liqueur, sugar to taste.

Method

Put the sugar and water into a saucepan, and boil them until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon, and dipping it in cold water; if the sugar is sufficiently boiled, it will easily snap. Peel the oranges, remove as much of the white pith as possible, and divide them into nice-sized slices, without breaking the thin white skin which surrounds the juicy pulp. Place the pieces of orange on small skewers, dip them into the hot sugar, and arrange them in layers round a plain mould, which should be well oiled with the purest salad-oil. The sides of the mould only should be lined with the oranges, and the centre left open for the cream. Let the sugar become firm by cooling; turn the oranges carefully out on a dish, and fill the centre with whipped cream, flavoured with any kind of liqueur, and sweetened with pounded sugar. This is an exceedingly ornamental and nice dish for the supper-table.

Source: Mrs Beeton's Book of Household Management (1861)

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