

Iced Oranges

Ingredients

Oranges; to every lb. of pounded loaf sugar allow the whites of 2 eggs.

Method

Whisk the whites of the eggs well, stir in the sugar, and beat this mixture for 1/4 hour. Skin the oranges, remove as much of the white pith as possible without injuring the pulp of the fruit; pass a thread through the centre of each orange, dip them into the sugar, and tie them to a stick. Place this stick across the oven, and let the oranges remain until dry, when they will have the appearance of balls of ice. They make a pretty dessert or supper dish. Care must be taken not to have the oven too fierce, or the oranges would scorch and acquire a brown colour, which would entirely spoil their appearance.

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

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