



RECIPE for health

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featured food:
ORANGES

By Peggy Crum, MA, RD, Health4U Nutritionist

Oranges are the go-to fruit during the winter months. But winter or not, fresh oranges are always in season: blood oranges from January through March, navel oranges from November through May, and juice oranges from February through October.

The common orange of Italy, **Moro (blood) oranges** have a red blush to their otherwise normal-looking-orange exterior; but on the inside, the fruit is maroon, deepening when growing conditions include low night temperatures. Blood oranges are tart with a hint of raspberry and plum flavor.

Navel oranges are so called because they have what looks like a bellybutton at their blossom end—actually a small second orange, sometimes big enough to have edible segments of its own. This mutation was discovered on a branch of the orange family tree in the mid-1800s. Since then, grafted branches continue the lineage of easy to peel, seedless, sweet fruit with just the right amount of tartness. Washingtons are the most common variety joined by Cara Cara navels from January through March. Nearly perfect for eating out of hand, navels are not perfect for juicing. Within about 30 minutes of the juice being released from the segments, an intensely bitter compound called limonin forms, overwhelming the flavor of the juice.

Juice oranges are highly preferable for juicing. Valencias, the most common variety, are large, very juicy, and sweet—the sweetest of all citrus fruits. Cool growing temperatures turn oranges from green to orange. Before harvest, if the soil is warm, chlorophyll moves back into the ripe fruit causing a little green to appear on the skin. Regreening, more likely in Valencias since they are prolific in summer months, is not a bad thing and does not affect the ripeness or quality of the fruit.

Choose oranges that are heavy for size. Store them on the countertop for only a few days before moving them to the fridge where they will keep for weeks.

Orange Ginger Chutney

Recipe developed by Corporate Chef Kurt Kwiatkowski.
Makes 4 cups. Delicious with roasted pork and chicken.

- 4 navel oranges (zest saved from 2)
- 2 T. butter
- ½ c. small dice red onion
- 3 T. small dice jalapeno pepper
- 2 T. minced ginger
- 2 c. orange juice
- ½ c. red wine vinegar
- ½ c. light brown sugar
- 2 T. honey
- 2 medium Michigan red apples, large dice
- 2 T. chopped cilantro or parsley
- 2 T. fine dice roasted red bell pepper
- Salt and pepper to taste

Dice means to cut into cubes.

- Fine dice = 1/8 inch
- Small dice = 1/4 inch
- Medium dice = 1/2 inch
- Large dice = 3/4 inch

Segment 4 oranges: Cut off the ends and sit orange on cutting board. Following the curve of the fruit, cut downward to make a series of thin slices to remove all the peel and white pith. Then remove the segments by cutting alongside the membranes. Let the loosened segments fall into a bowl.

In a large saucepan over medium heat, melt the butter. Add onion and jalapeno; sauté for 5 minutes. Add ginger and sauté another minute. Add orange zest, orange juice, vinegar, brown sugar, and honey; cook until the sauce is reduced by half and has a glazed appearance.

Reduce the heat to low; add half of the apples; cook for 5 minutes. Off the heat, gently fold in remaining apples and orange segments. Pour chutney into a bowl; cool to room temperature. Mix in cilantro or parsley, and red pepper. Season with salt and pepper to taste.

Try **Orange Ginger Chutney** for lunch at The Gallery at Snyder/Phillips, Brody Square, and Riverwalk Market on February 25.

- Join us in person at Brody Square Demo Kitchen. Sign-up at health4u@msu.edu.
- Watch online: alumni.msu.edu/livestream.