



ORANGE BUTTER BARS

Recipe by Sally Wise

INGREDIENTS

- ☐ 3 eggs
- ☐ 290g sugar
- ☐ Grated rind 3 oranges
- ☐ 440g self raising flour
- ☐ 30g custard powder
- ☐ 125ml milk
- ☐ 125ml orange juice
- ☐ 125g butter, melted

METHOD

Heat oven to 160 degrees C.

Grease a baking tray approximately 18 x 28cm and line base with baking paper, grease again. Whisk the eggs, sugar and orange rind together until light and fluffy.

Add the flour, custard powder, milk and orange juice (don't stir until all of these are in the bowl) and then whisk together until the batter is smooth.

Pour into the prepared tin and level out. Bake for approximately 40 minutes until a metal skewer inserted into the centre comes out clean.

Leave to cake to stand in the tin for 5 minutes before turning out onto a wire rack to cool.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





ORANGE ICING

Recipe by Sally Wise

ICING INGREDIENTS

- ❑ 400g icing sugar
- ❑ Grated rind 1 large orange
- ❑ 2 teaspoons melted butter
- ❑ 40 to 50ml orange juice, approximately

MAKE THE ICING

Sift the icing sugar and add softened butter.

Gradually add some or all the orange juice until a spreadable consistency is reached. Spread over cake.

HINT

If wishing to have a feather and fan effect on the icing, hold back $\frac{1}{2}$ cup of the orange icing. Mix into this 1 tablespoon cocoa and enough boiling water to make the same consistency as the batch of orange icing.

Spread orange icing over cake and then, using a piping bag with small nozzle, pipe parallel lines (at 1cm intervals across the cake then drag a skewer through to give the desired effect).



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





CITRUS CHICKEN

Recipe by Sally Wise

INGREDIENTS

- ❑ 2 tablespoon oil
- ❑ 1.5kg whole roasting chicken
- ❑ 1 lemon
- ❑ 1 orange
- ❑ 30g butter
- ❑ 1 onion, peeled and halved
- ❑ 4 to 6 sprigs rosemary
- ❑ 2 tablespoons raisins or sultanas
- ❑ 1 cup chicken stock or water
- ❑ 1 tablespoon white wine (any sort) - optional
- ❑ 1 teaspoon quince or apple jelly (or brown sugar)
- ❑ ½ cup stock or water, extra
- ❑ 2 teaspoons cornflour mixed to a paste with 1½ tablespoons cold water.

METHOD

Heat oven to 160°C (fan forced).

Pour oil into a baking dish and roll the chicken in this. Turn breast side up. Squeeze the juice of the lemon and orange and drizzle over the chicken, then place the skins of the fruit into the baking dish. Cut butter into small pieces and place over the breast meat.

Place onion and rosemary in cavity of the chicken. Place in oven and bake for 45 minutes. Add the 1 cup of stock or water, wine and raisins or sultanas to the baking dish and cook for 40 minutes more until the chicken is cooked and the skin crispy. Remove chicken and leave to stand for 10 minutes before carving.

To make gravy- place baking dish on hotplate over medium heat. Add the extra stock or water, then add the jelly or brown sugar. Bring to boil and simmer 3 minutes. Strain into a small saucepan and bring back to the boil. Thicken with some or all of the cornflour paste until desired consistency of the sauce is reached. Remove any fat from the surface. Add salt and pepper to taste.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





ORANGE CAKE

Recipe by Sally Wise

INGREDIENTS

- ☐ 2 extra-large free-range eggs
- ☐ 1 cup sugar
- ☐ Finely grated rind 2 large oranges
- ☐ ½ cup milk
- ☐ 1½ cups self raising flour
- ☐ 125g butter melted

METHOD

Preheat oven to 160 degrees C. Grease a 20cm round cake tin and line base with baking paper, grease over this. (for a higher cake use an 18cm round, deep sided cake tin instead.)

Place all ingredients in a mixing bowl in order given and beat for 2 minutes with an electric beater.

Bake for approximately 35 to 40 minutes or until when a metal skewer inserted into the centre comes out clean.

Leave in tin for 5 minutes, then turn out onto a wire rack to cool.

Ice with orange icing when cold.



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





LEMON CORDIAL SYRUP

Recipe by Sally Wise

INGREDIENTS

Limes can be substituted for lemons in this recipe, or even 4 smallish oranges with 2 lemons. Four tangelos with 2 lemons is especially nice.

Ingredients

6 large lemons
1.5 kg sugar
1 tablespoon tartaric or citric acid
1 litre boiling water

METHOD

Finely grate the lemon rind. Squeeze the juice from the lemons.

Place the sugar, tartaric or citric acid, lemon rind, lemon juice (doesn't matter if pips and pulp go in, preferable in fact) and boiling water in a large bowl.

Stir until the sugar has dissolved. If the sugar doesn't all dissolve, heat the mixture over low heat only just until it does.

Leave to stand until cool, then strain through a sieve and pour into sterilised bottles and seal. Store in the fridge after opening.

Makes 2 litres, approximately



Mornings

with Georgia Stynes

on 666AM and the ABC listen app





ORANGE MARMALADE

Recipe by Sally Wise

INGREDIENTS

- ☐ 500g oranges
- ☐ 1 lemon
- ☐ 1.5 litres water
- ☐ 1.5kg sugar

METHOD

Makes 1.5kg, approximately

Put fruit through a mincer or chop very finely (in a food processor is fine). Place in a large saucepan or jam pan and add the water.

Bring to the boil, reduce heat to medium and cook for 25 minutes or until fruit is soft.

Add the sugar and bring to the boil, stirring until sugar is dissolved. Continue to boil briskly for 25 minutes, stirring occasionally.

Allow to stand for 10 minutes before pouring into warm sterilised jars. Seal immediately.



Mornings

with Georgia Styne

on 666AM and the ABC listen app





MANDARIN JAM

Recipe by Sally Wise

INGREDIENTS

- ☐ 6 large mandarins
- ☐ Juice of 2 lemons
- ☐ Water
- ☐ Sugar

METHOD

Place the whole mandarins and lemon juice in a saucepan and barely cover with water. Bring to the boil, then reduce heat and simmer until the mandarins are very tender.

Remove the mandarins from the liquid, discard pips, the chop or pure. Return mandarins to the saucepan. Measure this fruit and water mixture then add an equal part of sugar.

Bring to the boil, stirring and then boil briskly over medium-high heat for about 20 minutes or until setting point is reached.

Allow to stand for 10 minutes, then pour into warm sterilised jars and seal immediately.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app

