

ORANGE COMPOTE



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25
min



Easy

INGREDIENTS

- 3 large oranges
- 1 lemon
- 1l water
- 1kg sugar
- 3 cinnamon sticks
- 1 sprig thyme

METHOD

Juice the oranges and the lemon • Using a tablespoon, remove the flesh from the oranges and keep for later • Cut the orange peel into strips, to the thickness of your choosing • Heat the juice with the peel strips, cinnamon, thyme and the water • Make a little parcel with a scrap of fabric and wrap up the orange flesh, tying with string and adding to the pan • Boil slowly for between 40 to 50 minutes • Add the sugar and cook as slowly as possible between 30 and 40 minutes • Remove the foam forming on the surface with a skimmer • Test the thickness of the compote, placing a small amount on a plate: if it only just runs then it's ready • Leave to cool and pour into jars to keep for a sooner or later date

Tip: sterilise the jars before filling with compote by boiling for 10 minutes in water or placing them in the oven for a few minutes at about 180°-200°C. Rubber seals should only boils in this case.