



Melita Station Inn
- THE ENGLISH BED & BREAKFAST EXPERIENCE
in Sonoma Wine Country
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CARMEL ORANGES

Two large oranges will serve three people for this tasty and refreshing breakfast treat

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To make the marinade sauce (this may be done on a weekly basis and kept in the fridge):

Peel orange thinly with vegetable peeler to remove zest layer only and shred this finely

Simmer with orange juice for 10-15 minutes until tender. Strain

Place ½ cup of cooking liquor to 1 cup of sugar and boil till golden brown.

CAREFULLY pour in 1 cup of orange juice, leave to cool

Add the shredded peel and store in the refrigerator

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To prepare the oranges

Continue to peel and remove the pith from the oranges using a sharp serrated blade knife and working from one end down to the other

Use kitchen scissors to clean off all remaining pith from edges of the orange

Slice oranges across the segments thinly to make circles.

Arrange portions of about 5 slices in dishes layering a circular fan of slices

Pour caramel sauce over and leave in refrigerator to marinate