

# Eat Blood Oranges!

It's perhaps somewhat surprising that this sunniest of fruits is at its best during the bleakest of months - during the winter, oranges and Blood Oranges supplied to the UK from southern Europe (particularly Spain) are high in quality and low in price.

Apart from forming an integral component in an unlimited number of delicious juices, oranges can be utilised in sauces for savoury dishes and in fabulous desserts where they form a heavenly match with chocolate. Surprisingly Blood oranges pair well with Fish.

**HISTORY** - Blood Oranges are thought to have their origin in a sour fruit growing wild in the region of South West China and North East India as early as 2,500 BC. For thousands of years these bitter oranges were used mainly for their scent, rather than their eating qualities.

The Romans brought the fruit to Europe and later oranges were spread to Spain by the Moorish conquests in the eight and ninth centuries. The sweet orange familiar to us today probably developed somewhat later from The Blood Orange

**BOLOGY** - Orange trees are semi-tropical non-deciduous trees of the genus Citrus. The fruit is a type of berry and sweet oranges belong to the species Citrus sinensis (the bitter Seville oranges are C. aurantium)

**BUYING TIP** - Choose oranges that are firm and feel heavy (weightier oranges are juicier). Very large fruit can sometimes be less sweet and concentrated in flavour. Skin colour is not indicative of quality, untreated ripe oranges are often pale orange or greenish but those sold in supermarkets may be treated with ethylene (to break down the green chlorophyll) and then coloured with orange dye.

**COOKING** - Scan the QR code below to view and download the recipe for 'Blood Orange Polenta Upside-Down Cake.'

