Mrs Parker’s Group
Poached Oranges with Spiced Orange Custard

Season: Winter
Type: Dessert
Difficulty: Medium
Recipe Source: Martha Stewart and Taste
Fresh from the garden: oranges, eggs

Equipment:
Knife
Chopping board
Cup measure
Bowl
Saucepan
Wooden spoon
Measuring jug
Tablespoon
½ cup measure
Teaspoon measure
Whisk
Saucepan
strainer

Ingredients
For Oranges
1 1/2 cups sugar
1 teaspoon vanilla extract
6 oranges peeled and pith removed, flesh cut into segments

For Custard
750 mls milk
6 cardamom pods, bruised
6 whole cloves
8 egg yolks
2 tablespoons cornflour
½ cup caster sugar
2 teaspoons finely grated orange rind
200ml fresh orange juice

What to do:

For Oranges
- Heat sugar and 1 cup water in a medium saucepan over medium heat, stirring until sugar has dissolved.
- Stir in vanilla and oranges.
- Reduce heat, and simmer 10 minutes.
- Let cool.

For Custard
- Heat the milk, cardamom and cloves in a medium saucepan over medium heat for 3-5 minutes or until just simmering.
- Using a whisk beat egg yolks and cornflour in a medium heatproof bowl until well combined.
- Add the sugar and beat until thick and pale.
- Strain the milk mixture into the egg mixture, whisking constantly.
- Discard the cardamom and cloves.
- Clean and dry the pan.
- Pour the custard mixture into the pan.
- Stir over medium-low heat for 5 minutes or until custard coats the back of a spoon.
- Stir in the orange rind and orange juice.
- Stir over medium-low heat for 3 minutes or until the custard thickens.