

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Spiced Oranges in Spiced Orange Syrup

Adapted from a recipe in my book, *Sweets for Saints and Sinners*
A light, refreshing and colorful treat for dessert, breakfast or brunch.

Spiced Orange Syrup

Makes about 1½ cups of syrup

¾ cup mild honey

3 cups water

6 whole cloves

6 whole allspice

2 large bay leaves

2 cinnamon sticks

1 lemon, halved

2 small oranges, halved

In a heavy saucepan, dissolve the honey in the water over low heat. Bring to a boil. Lower the heat so the mixture simmers. Add the cloves, allspice, bay, cinnamon, lemon and oranges. Simmer the mixture, uncovered, for 30 minutes, pressing on the oranges and lemons to extract their juice. Strain the syrup, pressing against the solids to extract as much liquid as possible.

Spiced Oranges

4-8 navel oranges

1 recipe Spiced Orange Syrup

Greek Honey Yoghurt

Mint sprigs for garnish

Plan on serving one orange per guest, plus it is nice to have an extra one or two for seconds or leftovers.

Remove the peel and pith from the oranges, leaving them round and nicely shaped. A serrated knife, using a sawing motion, works well.

Place the peeled oranges in a container and add the warm syrup to cover them. Let the oranges macerate, refrigerated, at least overnight, though preferably for at least 2 days.