



Baked Sweet Oranges in Saffron Syrup

10'

Hands on

130'

Cook Time

5

Portion(s)

1

Difficulty



Ingredients

- 5 oranges
- 1 teaspoon butter for each orange
- 1 tablespoon brown sugar for each orange

For saffron syrup

- 600 ml water
- 300 g granulated sugar
- 1 cinnamon stick
- 15-20 saffron threads

Διατροφικός πίνακας

Nutrition information per 100 gr.

124 Calories (kcal)	2.1 Total Fat (g)	1.3 Saturated Fat (g)	25.0 Total Carbs (g)
6%	3%	7%	10%
25.0 Sugars (g)	0.0 Protein (g)	0.5 Fibre (g)	0.0 Sodium (g)
28%	0%	2%	0%

Method

- Preheat oven to 180* C (350* F) Fan.
- Zest the oranges and add them to a pot. Add enough water to cover the oranges and boil for 30 minutes.
- When ready, remove from pot and set aside to cool completely.
- Slice the "cap" off of each orange and carefully remove the center of each orange gently with a small knife.
- Add a teaspoon of butter and a tablespoon of sugar to the center of each orange.
- Transfer oranges to a small baking pan.
- Prepare the syrup.
- In a saucepan, add the water, sugar, cinnamon stick and saffron threads.
- Boil for 2 minutes over medium heat.
- When ready, remove from heat and add enough of the syrup to the baking pan, until it comes up 2/3 of the way.
- Cover baking pan with aluminum foil.
- Bake for 1 hour, remove aluminum foil and bake for another 30-40 minutes, until golden brown.
- Serve sweet oranges with your choice of ice cream.