

Turkish Citrus Fruits, A Store of Vitamins

Vitamin C, which helps restore the immunity system and makes it resilient against many diseases, is plentiful in citrus fruits grown in Turkey



www.turkishcitrus.com

As we all know, citrus is an indispensable four-season fruit. It can be eaten raw or squeezed into a tasty drink. But did you know that citrus can add flavour to many dishes? Use them in pastries and marmalades, add them to meat and vegetable dishes, or enjoy them in salads. Recipes using lemons, oranges, and grapefruits are not only delicious -- they're also healthy and nutritious.

Turkey produces the world's most sought-after citrus. The Mediterranean sun gives us the ideal growing conditions for superior quality citrus. Turkey's citrus industry accounts for nearly 4 percent of the world's total citrus production. Turkey

enjoys a great advantage in fruit and vegetable variety, owing to its favourable climatic and environmental conditions. The Mediterranean region accounts for most of its production. It's well known that all fruits are healthy. This is because they are natural and unprocessed. Citrus fruits are undoubtedly the healthiest. Don't we all look to citrus for help when we get sick? Citrus fruits should especially be eaten during the winter months because of their countless health benefits. So how important are these healthy fruits?

Experts remind us that citrus, when consumed with iron-rich foods such as meat and fish, gives us maximum absorption of vitamin C. That's why drinking a glass of orange juice with meat or fish -- or even better, marinating them in citrus juice -- is the best and fastest way for the body to absorb vitamin C and iron. There are many delicious recipes you can enhance with citrus!



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Salmon with grapefruit

*Here's a new salmon dish that's
different and delicious.*

INGREDIENTS

2 slices salmon
1 large onion
1 large grapefruit
1 - 2 thin slices lemon
2 - 3 bay leaves
Salt, black pepper

PREPARATION

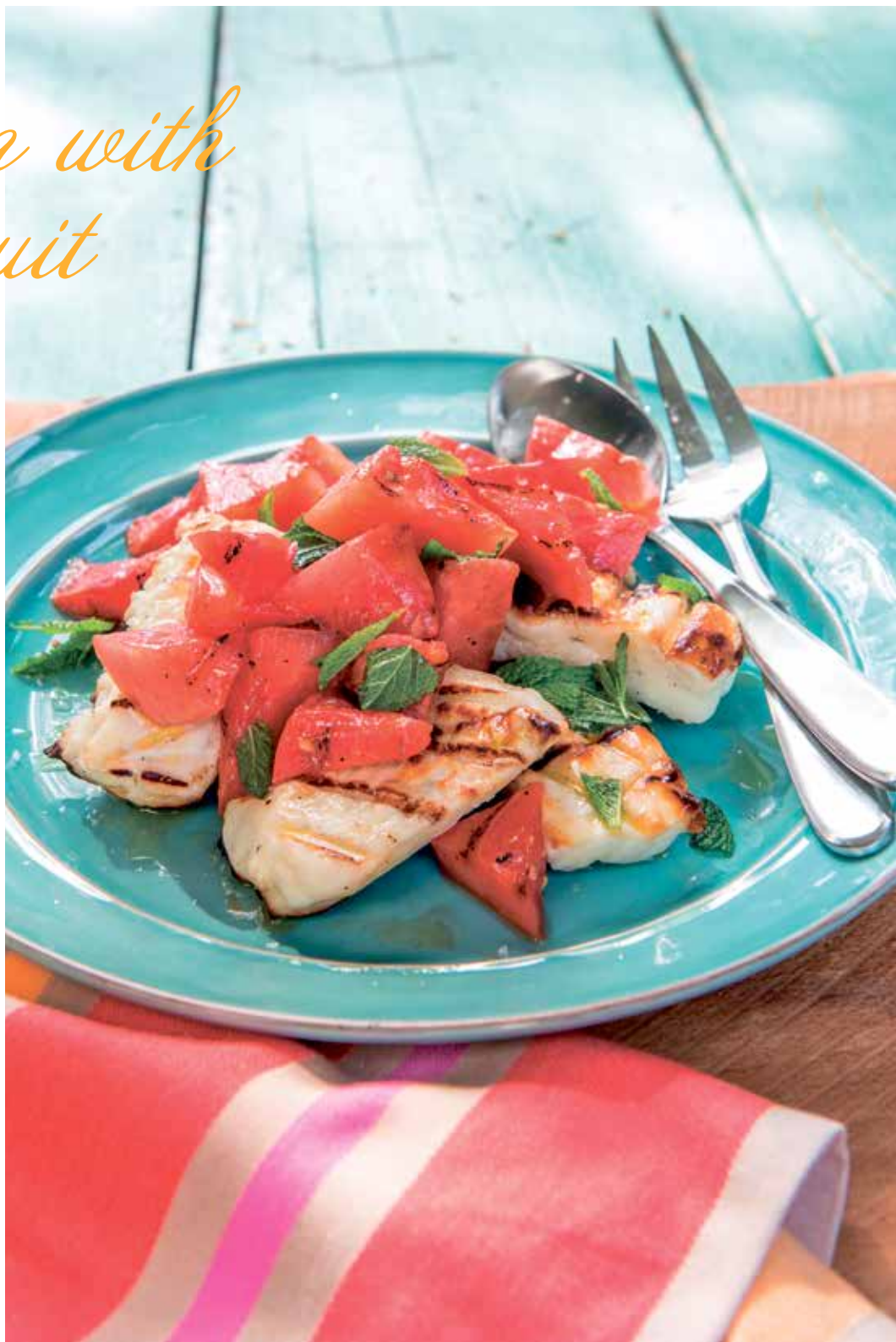
1 Put the sliced onion rings into an oven-safe dish.

2 Top with salmon slices and sprinkle with salt and black pepper.

3 Finish with lemon slices and bay leaves. Pour the freshly squeezed grapefruit juice evenly over everything.

4 Bake in oven preheated to 180 C for 20 -25 minutes. Optional: Serve with grapefruit slices.

Enjoy!





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Chicken Thighs with Orange and Honey

SERVES 2

A simple and delicious dish made from common ingredients: chicken thighs, orange, and honey. Perfect with Basmati rice.

INGREDIENTS

500 gr. Boned chicken thighs
2 oranges
100 ml soy sauce
5 cloves garlic
1 tbsp honey
1 tbsp sesame oil
1 tbsp sesame seeds
1 tbsp peanuts
Sliced hot peppers
Fresh ginger

PREPARATION

1 First prepare the sauce by mixing soy sauce, honey,

1 tbsp of sesame oil, and orange juice with finely sliced hot peppers, garlic, and fresh ginger.

2 Combine sauce with boned chicken thighs. Let it marinate in the refrigerator for 3 hours. **3.** Remove from the refrigerator and let thighs rest at room temperature for 15 minutes.

4 Heat the remaining 1 tbsp sesame oil in a skillet. Cook thighs on both sides until almost done.

5 Remove thighs from skillet just before they are fully cooked onto a cutting board. Cut into slices about 3 cm-thick. Return slices to the skillet and cook well.

6 In a dry pan, roast the peanuts and the sesame seeds.

7 Place the cooked thighs on the steam-cooked Basmati rice. Garnish with roasted peanuts, sesame seeds, and orange slices.

Semolina Dessert with Orange

The Taste of Orange and Semolina!
Fall in love with this delicious flavour combination. Oranges -- rich in fibre and vitamin C -- turn pastries into a colourful treat. Fruits grown under the Mediterranean sun is indispensable for almost any dish.

FOR THE DOUGH

1 egg
110 ml yogurt
110 ml vegetable oil
1 orange, zest
200 ml semolina
300 ml flour
1 pack baking powder (10g)

FOR THE SYRUP

400 ml granulated sugar
1 freshly squeezed orange juice
400 ml water

FOR THE TOPPING

110 ml semolina

PREPARATION

- 1** Preheat oven to 180 C. Combine pastry dough ingredients in a deep bowl.
 - 2** Mix well and knead until smooth. Let the dough rest for 5 minutes.
 - 3** Roll pieces of dough (larger than a walnut) by hand into an oval.
 - 4** Dip the pieces in semolina and place them on a greased baking tray.
 - 5** Bake in oven preheated to 180 C until browned.
 - 6** While the pastry is baking, prepare the syrup. Combine the sugar, orange juice, and water in a deep bowl. Mix well until the sugar dissolves completely.
 - 7** Remove browned pastries from the oven and cover with the cold syrup while still hot.
 - 8** Let the pastry absorb the syrup. Cool before serving.
- The irresistible taste and aroma of citrus make this pastry a favourite for all. We're sure you'll love this delicious dessert. Enjoy!

