
CITRUS, THE ESSENTIAL FAMILY OF FRUITS FOR ALL SEASONS

Citrus fruits enhance our immune systems when the seasons change and refresh us during warm summers, and also go well with a number of dishes. Here is all you need to know about citrus alongside a simple recipe that uses tangerines

Most of us are concerned with what to cook when we get home. It can get boring to make similar meals over and over again just because they are easy to cook. What if we tell you that it is possible to prepare recipes that are both practical and tasty?

There is one important thing you need to do to achieve delicious meals that are simple to make: include citrus! As well as being very tasty, citrus fruits are also very healthy as they contain lots of fluid, vitamins and minerals. Each citrus fruit has its own distinctive taste, and are a treat to eat with both sweet and savoury foods. They pair with meat and

vegetables, and can be used in recipes in a variety of ways. They are a favourite and one of the healthiest sources of food for children. Experts suggest that it is beneficial to consume white meat with vitamin C, and citrus is considered one of the best sources of this nutrient. A blessing of the Mediterranean climate, the best quality, most delicious and healthiest citrus fruits originate in Turkey, the country with the most favourable conditions for their cultivation. Exported to a large number of countries, Turkish citrus adds an exotic taste to dishes. We all know that meat is the best source of protein and has significant



value in terms of iron, vitamin B12 and zinc. Eating a large amount of red meat is not advised for the elderly, but this does not apply to fish, a noteworthy source of phosphorus and omega-3. Fish is a very beneficial form of meat and people of any age can consume it without concern. When eaten together with vitamin C-rich citrus fruits, the full nutritional advantages of fish can be utilised by the human body. Health experts suggest marinating fish with fresh citrus fruit juice before cooking. What you get are dishes that are light, healthy and appetizing.

Another feature of citrus fruits is that they are available year-round. Securely shipped around the world from Turkey, citrus brings colour to greengrocers in a vast number of countries 12 months a year. You can find these healthy, bright and colourful Mediterranean fruits in any season. You can use them to help you stay fit and active, as well as to prepare tasty recipes.

TANGERINE CAKE

You can add a boost to your food with natural and healthy tangerines, one of the smallest citrus fruits, with an exotic scent and a delicious taste.

SERVES 4-6

Preparation: 10 mins,

Baking time: 40 mins



INGREDIENTS:

- 200ml freshly squeezed tangerine juice
- 200ml brown sugar
- 3 eggs
- 1 tsp vanilla essence
- 10g baking powder
- 1 tbsp cocoa
- 1 tbsp chocolate chips, optional
- 110ml vegetable oil
- Flour

METHOD:

- 1** Whisk the sugar and eggs until foamy.
- 2** Add the vegetable oil, tangerine juice and vanilla and mix thoroughly.
- 3** Beat in the flour and baking powder.
- 4** Place 2 tbsp of the mixture in a separate bowl. Add 2 tbsp of cocoa and mix.
- 5** Grease a baking tin and pour in the cocoa mixture.
- 6** If using chocolate chips, mix them into the vanilla mixture and pour into the tin.
- 7** Bake in an oven preheated to 200 C for 40 minutes.

Enjoy!



**EXPORTED AROUND THE
WORLD, TURKISH CITRUS
ENHANCES DISHES WITH ITS
DISTINCTIVE TASTE**

DELICIOUS ORANGE ICE CREAM

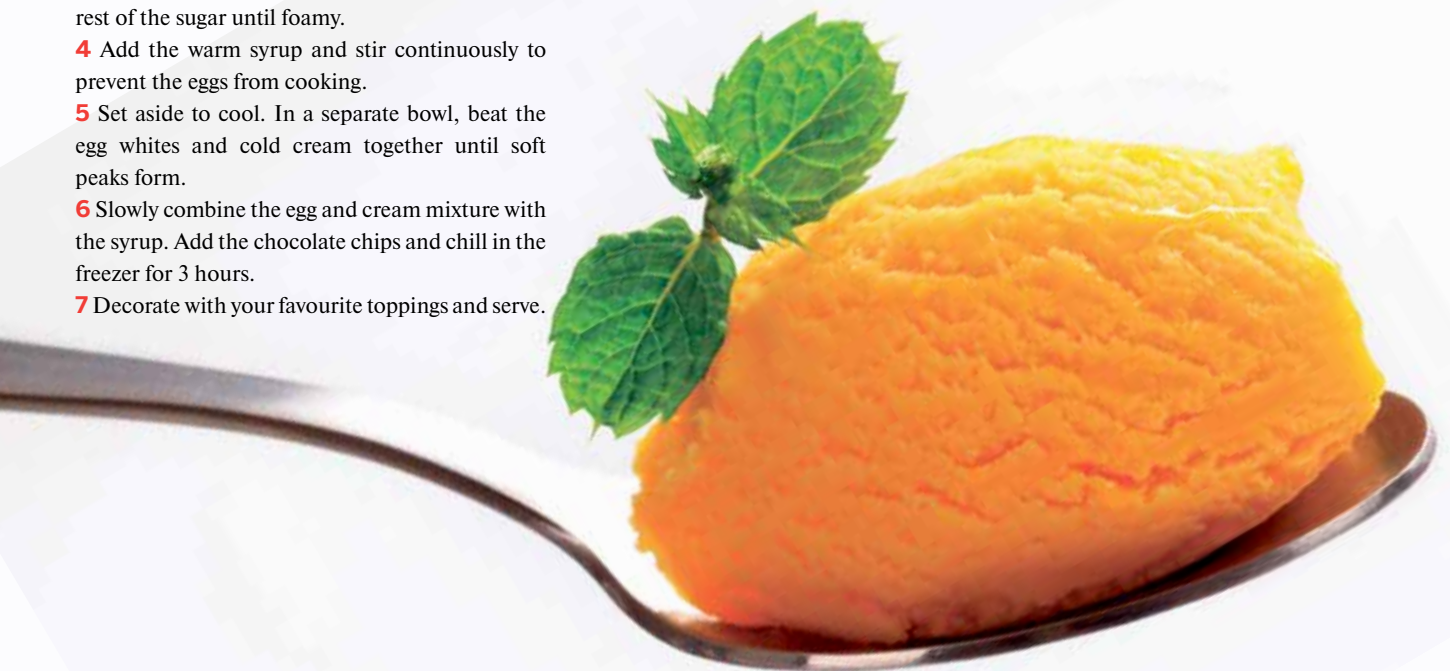
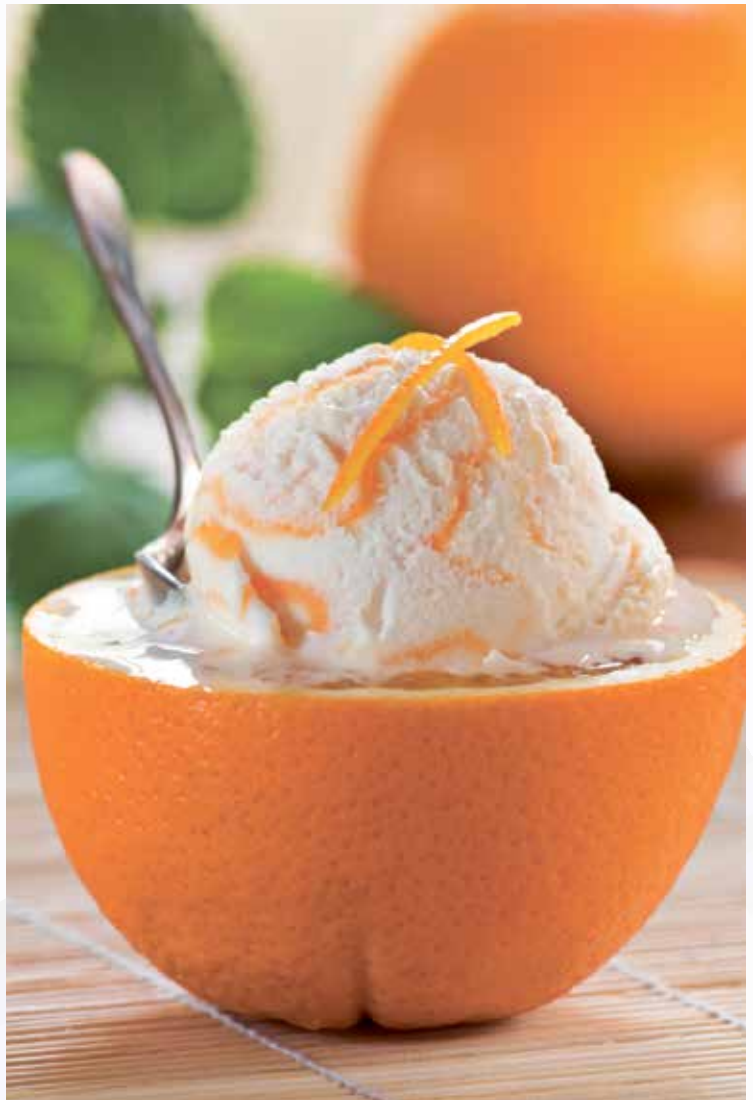
Preparing home made ice cream is not as hard as it sounds. Just start with juicy Turkish oranges. There is no doubt that your kids will love this vitamin-rich ice cream. Its citrus aroma is particularly enticing

INGREDIENTS:

- 150g orange juice
- Zest of 1 orange
- 200ml granulated sugar
- 4 eggs
- 500ml cream
- 2 tbsp chocolate chips

METHOD:

- 1** Finely chop the orange zest and place in a saucepan with 150g of the sugar and 4 tbsp water. Cook over low heat until the sugar melts.
- 2** Add the orange juice and simmer for 3 minutes.
- 3** In a separate bowl, whisk the egg yolks with the rest of the sugar until foamy.
- 4** Add the warm syrup and stir continuously to prevent the eggs from cooking.
- 5** Set aside to cool. In a separate bowl, beat the egg whites and cold cream together until soft peaks form.
- 6** Slowly combine the egg and cream mixture with the syrup. Add the chocolate chips and chill in the freezer for 3 hours.
- 7** Decorate with your favourite toppings and serve.





WARM LEMON PASTRIES

How could anyone possibly resist a freshly baked pastry? Even the aroma alone is enough to make a person hungry when it wafts through the house. This is especially true if the pastries contain lemon. Some freshly brewed coffee would complement your eating pleasure

SERVES 6

INGREDIENTS:

For the dough:

- 400g flour
- 2 tbsp sugar
- 1 dsp honey
- 10g powdered yeast
- 1 tsp salt
- 120ml water
- 60ml milk
- 40g butter

FOR THE FILLING:

- 50g butter, softened to room temperature
- 50g brown sugar
- 2 tbsp ground cinnamon
- Zest of 1 lemon

FOR THE TOPPING:

- 75g icing sugar
- Juice of 1 1/2 lemons
- 3 tbsp milk

METHOD:

1 First, prepare the dough. Sift the flour and mix in the yeast, sugar and salt. In a small saucepan, melt the butter with the water and milk without bringing it to the boil. When the mixture is warm, add the honey and then gradually add the flour. Ensure the batter stays lukewarm, without becoming hot. A warm temperature is needed to activate the yeast, but too much heat kills it.

2 When you have a soft dough, knead for about 6 minutes. Cover with a damp cloth

and keep at room temperature for 1 1/2 hours.

3 With a rolling pin, roll out the dough to a thickness of 2cm on a flat surface dusted with flour so that the dough doesn't stick. Thickly spread the softened butter over the dough. Sprinkle with the lemon zest, cinnamon and sugar.

4 Roll up the dough and cut into slices 5cm wide. Place the pieces on a greased baking tray. Cover and set aside for 1 hour.

5 Bake in an oven preheated to 180 C for 25 minutes. While the pastries are baking, prepare the sauce. In a small saucepan, stir the icing sugar, lemon juice and a small amount of milk. Heat the mixture until it thickens. Immediately after removing them from the oven, pour the sauce over the pastries and serve hot.