

## Poached Winter Oranges

**Servings:** 4-6

**Prep Time:** 15min

**Cook Time:** 5min



### Ingredients

- 6 SPAR Freshline Oranges
- Juice of 4 SPAR Freshline Oranges
- 50 g Butter
- 125 ml SPAR Sugar
- 1 Cinnamon Stick
- 1 Cup Water
- SPAR Freshline Pancakes

### Directions

1. Cut 1,5 cm from top and bottom of 6 oranges with a sharp knife, exposing fruit at both ends. Cut peel and pith from sides (leaving no white parts) with paring knife, retaining orange shape. Discard trimmings.
2. Place the butter and sugar in a saucepan. Once melted add the juice of 4 oranges, cinnamon stick and water. Poach the oranges for 4 – 5 minutes. Turn during poaching.
3. Remove the oranges from the liquid and keep warm. Reduce the poaching liquid by boiling rapidly. Remove the cinnamon stick.
4. Pour the syrup over the warm oranges before serving with SPAR Freshline Pancakes.