





Oranges

A supermarket staple? Sure.
Delicious year-round?
Not even close.
That's why we love oranges
in winter, when they're at
their sweet, juicy best.

BY JOANNE WEIR



blood orange and radicchio salad with hazelnuts and shaved parmigiano

Serves 6

- 5 medium blood oranges
- ¼ cup extra-virgin olive oil
- 1 Tbs. white wine vinegar
- Kosher salt and freshly ground black pepper
- 1 medium (12-oz.) head radicchio, washed, cored, and cut into 1- to 2-inch pieces (about 5 loosely packed cups)
- 1 medium (6-oz.) head butter lettuce, washed, cored, and cut into 1- to 2-inch pieces (about 4 loosely packed cups)
- ¾ cup blanched hazelnuts, toasted and coarsely chopped
- 1½ oz. chunk Parmigiano-Reggiano or aged goat cheese

Finely grate 1 tsp. of zest and then squeeze 2 Tbs. juice from one of the oranges. In a medium bowl, whisk the zest and juice with the olive oil, vinegar, ½ tsp. salt, and a few grinds of black pepper.

Using a sharp knife, trim off the peel and white pith from the remaining 4 oranges and cut crosswise into ¼-inch slices; remove any seeds. (See Test Kitchen, page 83, for more information.)

In a large bowl, toss the radicchio and butter lettuce with the hazelnuts and just enough dressing to lightly coat (about ¼ cup). Season to taste with salt and pepper. Divide the salad among 6 serving plates and top each with 3 or 4 blood orange slices. With a vegetable peeler, shave a few shards of cheese over the top.

sear-roasted halibut with blood orange salsa

Serves 4

FOR THE SALSA

- ¾ cup fresh navel or Valencia orange juice (from 2 medium oranges)
- 3 small blood oranges, cut into segments (see Test Kitchen, p. 83), segments cut in half
- 2 Tbs. minced red onion
- 1 Tbs. chopped fresh cilantro
- 1 Tbs. extra-virgin olive oil
- 1 Tbs. finely grated navel or Valencia orange zest (from 2 medium oranges)
- Kosher salt and freshly ground black pepper

FOR THE HALIBUT

- 1 tsp. finely grated navel or Valencia orange zest (from 1 small orange)
- 1 tsp. chopped fresh thyme
- Kosher salt and freshly ground black pepper
- 4 6-oz. skinless halibut fillets
- 3 Tbs. olive oil

Position a rack in the center of the oven and heat the oven to 425°F.

MAKE THE SALSA

In a small saucepan, boil the orange juice over medium heat until reduced to ¼ cup, 8 to 10 minutes. Let cool.

In a medium bowl, combine the reduced orange juice, blood orange segments, onion, cilantro, olive oil, and orange zest. Season to taste with salt and pepper.

COOK THE HALIBUT

In a small bowl, mix the orange zest, thyme, 1½ tsp. salt, and ½ tsp. pepper. Rub the mixture all over the halibut fillets. Heat the oil in a 12-inch ovenproof skillet over medium-high heat. When the oil is shimmering hot, arrange the fillets in the pan. Sear for about 2 minutes without moving; then use a thin slotted metal spatula to lift a piece of fish and check the color. When the fillets are nicely browned, flip them and put the pan in the oven.

Roast until the halibut is just cooked through, 3 to 5 minutes. Remove the pan from the oven and transfer the halibut to serving plates. Spoon some of the salsa over each fillet.



For more orange-centric recipes, go to FineCooking.com/extras.



Sear-Roasted Halibut
with Blood Orange Salsa



Pan-Roasted Chicken Breasts
with Orange-Brandy Sauce

pan-roasted chicken breasts with orange-brandy sauce

A quick soak in an orange juice brine infuses the chicken with lots of flavor. You'll need a total of about 9 medium oranges for this recipe.

Serves 6

FOR THE CHICKEN

- 2 cups fresh navel or Valencia orange juice
- 2 Tbs. finely grated orange zest
- Kosher salt
- 6 6- to 7-oz. boneless, skin-on chicken breast halves (see Test Kitchen, p. 83)
- 2 Tbs. extra-virgin olive oil
- Freshly ground black pepper

FOR THE SAUCE

- 3 Tbs. unsalted butter
- 1 medium shallot, minced
- 2 Tbs. brandy
- 1 cup fresh navel or Valencia orange juice
- ½ cup lower-salt chicken broth
- 1 navel or Valencia orange, cut into segments (see Test Kitchen, p. 83), segments cut into thirds
- 1 Tbs. chopped fresh flat-leaf parsley
- Kosher salt and freshly ground black pepper

BRINE THE CHICKEN

Combine the orange juice, zest, 6 Tbs. salt, and 4 cups water in a large bowl or pot; stir to dissolve the salt. Add the chicken breasts and refrigerate for 2 to 3 hours.

COOK THE CHICKEN

Position a rack in the center of the oven and heat the oven to 400°F. **Remove the chicken** from the brine and pat it dry with paper towels. **Heat the olive oil** in a 12-inch oven-proof skillet over medium-high heat until shimmering hot. Add the chicken skin side down in a snug

single layer and cook until the skin is golden brown, 3 to 5 minutes. Turn the chicken, season with ¼ tsp. salt and a few grinds of pepper, and put the pan in the oven. Roast the chicken until an instant-read thermometer registers 165°F in the center of the thickest breast, about 15 minutes. Remove from the oven, transfer the chicken to a carving board, tent with foil, and let rest while you make the sauce.

MAKE THE SAUCE

Pour the juices from the skillet into a heatproof measuring cup. Let the fat rise to the surface and then spoon it off.

Melt 2 Tbs. of the butter in the skillet over medium-high heat. Add the shallot and cook, stirring, until soft, 1 to 2 minutes. Off the heat, add the brandy. Return the pan to the heat and cook, scraping the bottom of the pan, until the brandy has almost evaporated, about 30 seconds. Increase the heat to high and add the orange juice. Boil until thick and syrupy and reduced to about ½ cup, about 5 minutes. Add the chicken broth, pan juices, and any juices from the carving board. Boil until reduced to about ¾ cup, about 3 minutes.

Swirl in the orange segments. Then, off the heat, swirl in the remaining 1 Tbs. butter and the parsley until the butter is melted. Season to taste with salt and a few grinds of pepper.

To serve, cut the chicken on the diagonal into thin slices and arrange on 6 serving plates. Drizzle with the sauce.

a buyer's guide

Here's a brief guide to the most common orange varieties—Valencia, navel, and blood oranges. With a few exceptions (see below), most subvarieties of these oranges aren't labeled at the market. That's because the differences have little to do with flavor and more to do with when the fruit matures during the year—only a grower would know one from the other.

Valencia

Valencia oranges—originally from Spain—are thin-skinned and almost seedless. They're your best bet when you need lots of juice. But Valencia oranges are also a great choice for any recipe that calls for sweet oranges.

Navel

Originally from Brazil, navel oranges get their name from a second, smaller orange that develops at the base. (This undeveloped twin looks a little like a belly button.) Seedless, with thick skins, navels are the best eating oranges around. Though a little less juicy than Valencias, they're virtually interchangeable when it comes to cooking. At the store, most navels are labeled simply "navel," but you might see some called Cara Cara; these have dark-pink flesh, an orange exterior, and a sweet, mildly acidic flavor.

Blood oranges

Blood oranges have a much sweeter flavor and less acidity than navels or Valencias, with overtones of raspberries or strawberries. Their thin skins may be blushed with red, and the flesh is a distinctive blood-red. If you want sweetness, blood oranges are the way to go, especially if paired with slightly bitter ingredients, as in the radicchio salad on page 42. At the market, you might find varieties like Moro or Tarocco. Moros have dark-purple flesh and a deep-reddish rind. Taroccos (sometimes called half-blood oranges because they aren't as red as the Moro) have a blushed rind.



Shop and Store

Buying info

To ensure that they'll be juicy, look for oranges that are firm and heavy for their size. Choose oranges with no blemishes or soft areas and avoid ones that look dry.

Storing info

Keep oranges in a cool place, and use them within a week or two. Good to know: Oranges don't continue to ripen once picked.



orange and brown-butter tart

Serves 8

FOR THE TART SHELL

- 5 oz. (1¼ cups) unbleached all-purpose flour
- 1 Tbs. granulated sugar
- Pinch of table salt
- 5 oz. (10 Tbs.) cold unsalted butter, cut into small pieces
- 1 tsp. finely grated orange zest

FOR THE FILLING

- 3 Tbs. unsalted butter
- 2 cups whole milk
- 3 Tbs. cornstarch
- 2 large eggs
- ½ cup granulated sugar
- Pinch of kosher or table salt
- ¼ tsp. pure vanilla extract

FOR THE TOPPING

- 3 large navel or blood oranges, or a combination
- ½ cup orange marmalade
- 1 Tbs. orange liqueur, such as Cointreau

MAKE THE TART SHELL

In a food processor, pulse the flour, sugar, and salt a few times to combine. Add the butter and orange zest and pulse until the mixture resembles cornmeal, six to eight 1-second pulses. A teaspoon at a time, pulse in up to 1 Tbs. water until the dough just holds together in clumps. Press the dough together, shape into a 6-inch

disk, and wrap in plastic. Refrigerate for 30 minutes.

Press the dough evenly into the bottom and sides of a 9½-inch fluted tart pan with a removable bottom—the dough sides should be ¼ to ⅜ inch thick. To smooth the bottom, cover with plastic wrap and press with a flat-bottom measuring cup or glass. Freeze the covered shell for 30 minutes. Meanwhile, position a rack in the center of the oven and heat the oven to 400°F. **Remove the plastic**, line the dough with parchment and fill with dry beans or pie weights. Bake the tart shell until the top edges are light golden, about 15 minutes. Carefully remove the parchment and beans, reduce the heat to 375°F, and continue to bake until the shell is golden all over, about 15 minutes. Cool on a rack.

MAKE THE FILLING

In a small saucepan, heat the butter over medium-high heat until it melts and the milk solids turn brown, swirling the pan occasionally for even browning, about 3 minutes. Immediately pour into a small heatproof bowl to stop the cooking.

In a medium bowl, whisk ¼ cup of the milk with the cornstarch. Whisk in the eggs.

In a medium saucepan, bring the remaining 1¾ cups milk, the sugar, and salt to a boil over medium heat. Take the pan off the heat, whisk about ¼ cup of the hot milk into the egg mixture, and then whisk the egg mixture into the hot milk. Return to medium heat and continue whisking until the filling boils and becomes very thick, 30 seconds to 1 minute. Off the heat, whisk in the brown butter and vanilla.

Spread the filling evenly in the tart shell and set aside at room temperature while you prepare the topping.

MAKE THE TOPPING

Using a sharp knife, trim off the peel and pith from the oranges. (See Test Kitchen, page 83, for more.) Halve the oranges lengthwise and then slice them thinly crosswise and remove any seeds. Arrange the orange slices on the top of the tart in concentric, slightly overlapping circles.

Stir the marmalade in a small saucepan over medium heat until melted, 30 to 60 seconds. Strain and then stir in the Cointreau. Brush enough of the mixture on the oranges to give them a shine (you may not need it all). Refrigerate for 1 hour before serving so the filling can set up.

Perfect Pairs

Even just a strip of orange zest adds amazing flavor to steamed rice, custard, hot chocolate, a cup of tea, crème anglaise, or a pot of tomato soup. And oranges match up well with a range of ingredients that might surprise you; experiment with any of the following.

Asparagus	Ginger
Basil	Grapefruit
Cardamom	Lemon
Chives	Lettuces
Chocolate	Lime
Cilantro	Mint
Cinnamon	Oregano
Cloves	Saffron
Coriander	Sugar snap peas
Endive	Tomatoes



blood orange and mango sorbet

Yields about 1 quart; serves 8

- 3 medium ripe mangos, peeled and cut into chunks
- 2½ cups blood orange juice (from 7 to 8 medium blood oranges)
- 1 cup granulated sugar
- 1 Tbs. fresh lemon juice
- 1 Tbs. finely grated blood orange zest

Purée the mango and blood orange juice in a blender on high speed until smooth. Strain through a fine strainer into a large measuring cup. You should have about 4 cups.

Combine the sugar and about one-quarter of the purée in a medium saucepan; cook over medium heat, stirring until the sugar has dissolved completely, about 2 minutes. Stir into the remaining purée and add the lemon juice and blood orange zest. Refrigerate until thoroughly chilled.

Freeze in an ice cream maker according to the manufacturer's instructions.

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