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EPISODE 15 – CARAMELISED CITRUS SLICES WITH YOGHURT CREAM

Ingredients for 4 serves:

180 g sour cream
250 g Yoghurt
1 lemon
1 orange
1 lime
1 pink grapefruit
100 ml Cointreau
100 ml blood orange juice
150 g raw brown sugar
2 tbsp olive oil
2 large sprigs rosemary
1 small chili

Method:

Combine the Yoghurt, the sour cream and about 2 tbsp of brown sugar
Put into the deep freezer and stir every 10 - 15 minutes
Slice the fruit and fry them in the oil
Sprinkle with sugar and turn occasionally
Repeat until nicely caramelised and brown
Remove from pan and place on a serving plate
Deglaze the pan with the Cointreau and blood orange juice
Add the rosemary and finely chopped chili
Simmer and reduce for about 20 minutes adding a sprinkle of sugar occasionally
Allow the sauce to cool till just warm
Spoon over the citrus slices and the Yoghurt cream and serve whilst warm