

食譜

Recipes



Miss Or-range

Ingredients:

(Serves about 3 persons)

Orange	3 pieces
Blueberry	5 pieces
Strawberry	2 pieces
Gelatin sheet	10 g (approx. 2 sheets)
Water	50 ml



Method:

1. Soak the gelatin sheets in room temperature water until softened. Set aside.
2. Dice the strawberries.
3. Cut the oranges into halves and squeeze. Retain the orange skins, where the fruit flesh has been removed, as containers.
4. Pour the squeezed orange juice into a glass. Set aside.
5. Boil 50 ml of water. Remove from heat. Add the gelatin sheets. Mix well and add the fresh orange juice.
6. Pour the mixture into the orange skins. Add the blueberries and strawberry dices. Refrigerate until coagulated.
7. Serve after coagulation.



Nutrition Tips

1. Fructose in fruit can enhance the dessert flavour.
2. Replace jelly powder additives with the juice squeezed from whole fruit (with fruit dices) can increase the dietary fibre content of the dessert and make it more healthy.
3. Do not boil the gelatin sheets over fire; otherwise, it will decrease their coagulability.