



Easy Caramelized Oranges in Vanilla Syrup

Makes: 10 servings

Prep Time: 15 minutes Cook Time: 15 minutes

Total Time: 30 minutes plus chill time 3 hours minimum

Ingredients

- 1 & 1/2 cups sugar
- 1 & 1/2 cups water
- 1 vanilla bean or 2 tbsp pure vanilla extract
- 5 pounds oranges (cara cara, naval, valencia, blood, tangerines)
- 10 dates, pitted and sliced into thin strips
- 1/2 cup pistachios, crushed

Instructions

In a small pot, bring sugar and water to a boil over medium-high heat. In the meantime, split vanilla bean in half and scrape the seeds into the sugar-water mixture and then add the spent vanilla bean. If working with vanilla extract, add it when you add the sugar and water to your pot. Once boiling, reduce heat to low and simmer for 15 minutes. Remove from heat and allow to cool completely. You can prepare the vanilla syrup several days in advance and refrigerate.

While the syrup cools, use a sharp knife to remove the peels from the citrus. To do this easily, first cut off each end, and then place the orange on one of its flat sides, then remove the remaining peel starting from the top, and working my way down the oranges with the knife. Cut into 1/4 inch slices.

Arrange oranges and dates in a large shallow dish, alternating between varieties.

Once syrup is cool, pour it over the orange slices and dates. Make sure there is enough syrup to cover all of the sliced oranges.

Cover and cool in the refrigerator for at least two hours or overnight. The longer the oranges sit in the syrup, the more flavor they develop.

Serve about 5 orange slices, a few slices of dates, and about a tablespoon of the syrup in a small bowl or wide-mouthed dessert dish and top with crushed pistachios.

Chef's Note:

Any oranges work well in this dessert, but I like to pick different varieties because the different colors and sizes look beautiful when served. I also like to pick smaller oranges because they are easier to serve and eat.

Recipe by Lola's Cocina