



Lugar do Olhar Feliz

Bitter or Seville orange - Bigarade - Laranja-azedada - Arancio amaro (*Citrus aurantium L.*)



Cultivation : Hardiness 8a. Grown outside in the north of Italy and southern France. Introduced to Europe by Andalusian arabs for the manufacturing of perfumes and orange blossom water from the flowers
Maturity : January -March

Harvest : the fruit is harvested green for use in confit in salt or pickles in tamil cooking or orange when ripe. The flower harvest is in april/may. The leaves are also aromatic.

Conservation : Fruit : fresh for 2 weeks between 6 and 8° / Freezing possible / the zest can also be dried
Flavour / Fragrance : tenacious, typical, unique.

Cultivars : Depending on the year our different cultivars are more or less aromatic.

Uses in cooking :

● **Flowers :** Orange blossom water, marzipan (almond paste) for stuffed dates

● **Zests :**

Infusion, maceration and / or distillation for Bitters (San Pelegrino, Cynzona), Liqueurs : Cointreau, Gd Marnier, Triple sec, Dry (Martini, Noilly Pratt), mulled wines, rums, white beer (Witbier). Chocolate covered orange peel. In Greece and Cyprus the Seville orange or nerántzi is one of the most precious fruits used in making candies.

Sweet dishes : Marmelades, spice cakes, ice creams, cakes, meringues, waffles

Savoury dishes : Seville orange sauce (reduction of sugar + vinegar with veal stock + juice from seville orange and lemon. Let simmer 45min.filter, add blanched zests) with duck, woodcock or veal liver.

● **Fruit or juice:**

With vegetables : cauliflower...

Marinade for meat in Central America, with fish in Iran, in vinegar in Japan, Trout with seville orange, roasted suckling pig with seville orange in Cuba

Also :

- perfumes without bitterness in sous-vide cooking or croute de sel.
- in macerations the zest of the Palestine lime gives the aroma of seville orange without any bitterness

