

Valentine's Fruit

3 to 4 servings



Roasting citrus is a time-honored way to enhance the fruit's complexity. This simple preparation uses the season's blood oranges, making it suitably colorful to serve to any and all sweethearts. Spoon warm over yogurt or cottage cheese; toss into a salad of bitter greens or serve alongside grilled fish. The cooled fruit can be refrigerated in an airtight container for up to 3 days. Rewarm slightly before serving.

INGREDIENTS

- 4 blood oranges
- 3 mandarin oranges or 5 clementines
- 2 tablespoons solidified coconut oil
- 2 tablespoons buckwheat honey (may substitute orange blossom honey or agave nectar)
- 2 tablespoons orange juice
- 1 teaspoon vanilla extract
- Freshly ground pink peppercorns, for garnish (optional; may substitute Aleppo pepper)
- Slivered or chopped (shelled) pistachios, for garnish

DIRECTIONS

1. Preheat the oven to 425°F. Line a large rimmed baking sheet with aluminum foil.
2. Peel the mandarins/clementines, getting rid of as much of the white pith and stringy fibers as possible. Cut off just enough of the tops and bottoms of the blood oranges so they can sit level on the cutting board, then cut down vertically all around to remove the peel and pith. Cut the peeled oranges horizontally into rounds at least ¼ inch thick. (See the TIP, below, about those leftover peels.)
3. Combine the coconut oil, honey, and orange juice in a microwave-safe cup. Microwave in 10-second increments until the oil has melted. Stir in the vanilla.
4. Arrange the citrus segments and slices on the baking sheet in a mostly single layer. Use a pastry brush and half the microwaved mixture to paint them all. Sprinkle with the pink peppercorns, if using.
5. Roast for 10 minutes. Turn the fruit over and brush with the remaining microwaved mixture, and then continue to roast until the citrus is lightly caramelized, for 8 to 10 minutes. For more caramelization, increase the heat to broil and watch them closely, for 30 seconds to 1 minute more.
6. Scatter pistachios on top before serving, if desired.



TIP: Leftover peels can be put to good use via suggestions at [ZeroWasteChef.com](https://zerowastechef.com) [<https://zerowastechef.com/2016/01/28/10-ideas-to-rescue-citrus-peels/>].