



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## Orange Curd Granola Parfait

**Orange Curd** *adapted from Martha Stewart*

6 large egg yolks  
2/3 cup sugar  
Zest of 2 orange  
1/4 cup freshly squeezed orange juice  
3 tablespoons freshly squeezed lemon juice  
1/8 teaspoon coarse salt  
1/2 cup cold butter, cut into 8 pieces

### THE STEPS

- Whisk together egg yolks, sugar, orange zest, orange juice, and lemon juice in a heavy-bottomed saucepan.
- Place over medium-high heat, stirring constantly with a heat-proof spatula until the mixture is thick - 8 to 10 minutes.
- Remove saucepan from heat.
- Add salt and butter, one piece at a time, whisking until smooth.
- Cover with plastic wrap, pressing it directly onto the surface of the curd to prevent a skin from forming.
- Refrigerate until chilled and very firm, at least 2 hours.

**Homemade Granola** - *with permission from The Culinary Chase*

Makes 6 cups

4 cups old-fashioned rolled oats (preferably organic)  
1 cup coconut chips  
1/2 cup sprouted raw unsalted sunflower seeds (unsalted if sprouted not available)  
1/2 cup sprouted raw unsalted pumpkin seeds  
1/2 cup pecan halves, broken (can use almonds)  
1/2 cup naturally dried cranberries (or other favourite dried fruit)  
2 teaspoons cinnamon  
1/4 cup honey  
1/4 cup maple syrup  
1/2 cup olive oil  
1/2 teaspoon sea salt

### THE STEPS

- Preheat oven to 350f (180c).
- In a large bowl combine oats, coconut, sunflower seeds, pumpkin seeds, pecan halves and salt.
- In a small bowl mix honey, maple syrup and olive oil with the cinnamon.
- Pour this over the oat mixture and stir until all ingredients are well coated.
- Place on a large rimmed baking sheet and bake in the oven 20 minutes.
- Halfway through cooking stir, and bake for the remaining time.
- Keep an eye on it as you don't want the oats to brown too much.
- Remove from oven, add dried cranberries and stir.
- Allow to cool before storing in an airtight container.

*If you don't want to make the candied garnish, use a little freshly grated orange zest!*

## **Candied Orange Peel**

makes 2 1/2 lb

12 oranges, washed  
6 cups sugar  
6 cups water  
2 drops each red and yellow food color [optional]  
a candy thermometer

### **THE STEPS**

- Using a very sharp vegetable peeler, remove peel from oranges with as little pith as possible
- Cut peel lengthwise into 1/3 inch wide strips.

### **BLANCHING**

- Place peel in a deep heavy pot. Cover with cold water by 1 inch and bring to a boil.
- Reduce heat and simmer 10 minutes.
- Drain in colander.
- Repeat blanching 2 more times.
- Cover peel once more with cold water and simmer until skin is tender - 30 minutes - drain in colander.
- Return pot to stove and add 6 cups of water and 6 cups of sugar.
- Bring to a boil, stirring until sugar is dissolved.
- Add food color and boil syrup without stirring until it reaches 220°F on the candy thermometer - about 30 minutes.
- Add drained peel and simmer over low heat for 45 minutes or until translucent.
- Remove from heat and let peel stand in syrup 24 hours, at room temperature.

### **DRYING**

- Place large metal cooling rack on newspaper, waxed paper or parchment paper to catch drips
- Lift peel from syrup with tongs and spread out on rack.
- Leave for 24 hours or until syrup has crystallised.
- Spread 1 cup sugar on a plate
- Top with a handful of peel then toss in the sugar until it's well coated. Add more sugar if necessary.
- Leave to dry 1 hour
- The peel will keep for 3 months in a well sealed container layered between pieces of wax paper or in glass jars with tightly fitted lids.
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### **To assemble the parfaits:**

- Place orange curd in the bottom of clear serving dishes - small mason jars would be adorable!
  - Top with ¼ cup homemade granola
  - Finish with a big dollop of plain thick Greek yoghurt.
- Garnish with candied orange peel.