

# LIVE WELL WATERTOWN

[www.livewellwatertown.org](http://www.livewellwatertown.org)

## Eat Well Watertown 2021 Zoom Series



Photo by [Nick Fewings](#) on [Unsplash](#)

# Citrus Fruits

February 11, 2021

6:30-7:30

For more information about our programs, contact:

Stephanie Venizelos

Community Wellness Program Manager

Town of Watertown

Phone: 617-972-6446 ext. 8

Email: [svenizelos@watertown-ma.gov](mailto:svenizelos@watertown-ma.gov)

## What is a Citrus Fruit?

Citrus are flowering (fruit-bearing) plants in the rue family. The word “citrus” comes from the Greek word meaning “cedar.” The fruits are known as agrumes, which means “sour fruits.” The plants are native to Asia and Australia, and were utilized and domesticated by indigenous populations throughout those regions. As trade routes opened, the plants were brought to Micronesia and Polynesia. Through the Spice Route, they were also transplanted to the Middle East and the Mediterranean. In ancient Rome, lemons were a status symbol. As European trade grew, so did the trade of, and movement of citrus.



## Limeys

In the 18<sup>th</sup> Century, the condition known as scurvy was identified. This disease, which causes swollen bleeding gums and the opening of previously healed wounds, was particularly prevalent among sailors in the British Navy. A doctor conducted shipboard experiments, given the sailors varying proportions of lime juice and plain water, and concluded that beverages with limes protected against scurvy. Hence, British sailors became known as Limeys.

## Oranges for Christmas

In the 19<sup>th</sup> Century, the tradition of giving oranges at Christmas arose, around the same time as the tradition of hanging stockings by the hearth. Oranges were a good thing to put in the toe of Christmas stockings! There are several theories as to the source of this tradition. One possibility is the stories of the original St. Nicholas, who delivered bags of gold to families; the oranges symbolize the gold bags. As well, oranges in Europe were rare and expensive, and precious in the winter, so were a treat at Christmas.

On the other hand, the popularity of the oranges-in-stockings tradition rose in the United States during the Depression, because oranges were suddenly widely available (due to improvements in interstate transport), and they were cheap! So folks suffering economic hardship were still able to have a treat at Christmas.

## Common Citrus Fruits

Most, if not all, of these common fruits are available at your local supermarket or greengrocer.

- Blood Orange
- Clementine
- Grapefruit
- Kumquat
- Lemon
- Lime
- Mandarin Orange
- Orange
- Pomelo
- Satsuma
- Tangelo
- Tangerine
- Ugli
-

## Nutrition

All citrus fruits have varying amounts of the following vitamins and minerals:

- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Vitamin B6
- ✓ Calcium
- ✓ Potassium
- ✓ Folate
- ✓ Magnesium
- ✓ Manganese
- ✓ Phosphorous
- ✓ Copper

Citrus fruits are very low in calories, and proportionally high in fiber. Lemons and limes have about 20 calories per fruit, and 1-2 grams of fiber. Oranges are larger, and contain more calories (about 60 calories each), and more fiber. Note that you lose the benefits of the fiber if you only drink the juice.

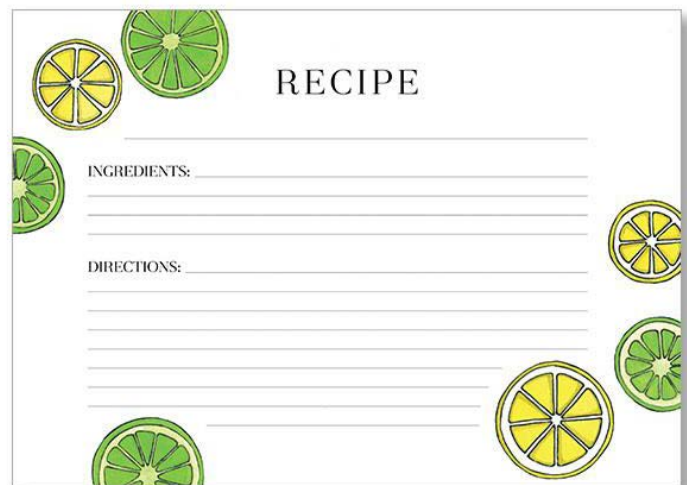
## Other Health Benefits

Lemons, limes, grapefruits, oranges, and other citrus are high in phytonutrients (antioxidants). They can boost your immune system because of the large amounts of vitamin C they contain – one orange contains 70 milligrams, or 78% of the recommended Daily Value. And while all this vitamin C can't prevent colds, it can lessen their length and severity.

Citrus can lower the risk of kidney stones: the increase level of citrate in urine is correlated with that lower risk. The phytonutrients in citrus can protect against some cancers. And the soluble fiber, flavonoids, and potassium can improve heart health and raise HDL (healthy) cholesterol and lower LDL (unhealthy) cholesterol. And vitamin C is essential in the production of collagen, which is necessary for healthy skin.

## Recipe Ideas

- Salad enhancements (orange, blood orange, grapefruit sections): Also add pomegranate seeds for beautiful color contrasts!
- Create sauces for fish dishes: Pairs beautifully!
- Use instead of vinegar in your next vinaigrette
- Compotes can be used for anything: bought cake or cookies, breakfast yogurt parfaits, etc.
- Pair compotes with roast pork or chicken to brighten dinner



## Demonstration Recipes

### Broiled Grapefruit with Brown Sugar and Flaky Sea Salt

Yield: 2-4 servings

Time: 15 minutes

#### Ingredients

2 grapefruits, preferably pink or ruby	Honey, for drizzling
4 tablespoons light brown sugar	Ground cinnamon (optional)
2 tablespoons unsalted butter, melted	Flaky sea salt, for serving

1. Move oven rack 4 inches away from the broiler, and turn it on.
2. Halve the grapefruits through their equators. Using a paring knife or a grapefruit knife, cut the sections away from the membranes and pith so they are easy to spoon up. Place grapefruit halves, cut-side up, on a baking sheet. Sprinkle each grapefruit half with 1 tablespoon brown sugar, then drizzle with melted butter and a little honey. Sprinkle cinnamon over the tops if you like.
3. Broil grapefruit until the sugar melts and caramelizes, 2 to 5 minutes. (Broilers vary a lot so watch carefully to make sure they don't burn.) Sprinkle with flaky sea salt, and serve immediately.

### Blood Orange Olive Oil Cake

*Adapted from Smitten Kitchen and Melissa Clark*

Yield: 8-10 servings

Time: 1 hour 20 minutes

#### Ingredients

Butter (for the pan)  
3 blood oranges  
1 cup (200 grams or 7 ounces) sugar  
Scant 1/2 cup (118 ml) buttermilk or plain yogurt (Greek or not) or vanilla yogurt  
3 large eggs  
2/3 cup (156 ml) extra virgin olive oil  
1 3/4 cups (219 grams or 7 3/4 ounces) flour  
1 1/2 teaspoons (8 grams) baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
Honey-blood orange compote (for serving; optional, below)  
Whipped cream (for serving; optional)

1. Set oven at 350 degrees. Butter a 9-by-5-inch loaf pan.
2. Grate rind from 2 oranges and place in a bowl with the sugar. Using your fingers, rub ingredients together until orange rind is evenly distributed in sugar.
3. Supreme 2 of the oranges: Cut off bottom and top so fruit is exposed and orange can stand upright on a cutting board. Cut away peel and pith, following curve of fruit with your knife. Cut orange segments out of their connective membranes and let them fall into a bowl. Break up segments with your fingers to about 1/4-inch pieces.

4. Halve remaining orange and squeeze juice into a measuring cup; you will have about 1/4 cup. Add buttermilk or yogurt to juice until you have 2/3 cup liquid altogether. Pour mixture into bowl with sugar and whisk well. Whisk in eggs and olive oil.
5. In another bowl, whisk together flour, baking powder, baking soda and salt. Gently stir dry ingredients into wet ones. Fold in pieces of orange segments. Pour batter into prepared pan.
6. Bake cake for 50 to 55 minutes, or until it is golden and a knife inserted into center comes out clean. Cool on a rack for 5 minutes, then unmold and cool to room temperature right-side up. Serve with whipped cream and honey-blood orange compote (below), if desired.

### **Honey-Blood Orange Compote**

1. Supreme 3 more blood oranges according to directions above. Drizzle in 1 to 2 teaspoons honey. Let sit for 5 minutes, then stir gently.

## **Additional Recipes**

### **Citrus Vinaigrette**

*From Eating Well*

Yield: 8 servings

Time: 10 minutes

### **Ingredients**

1/2 small shallot, quartered	1/2 teaspoon salt
1 teaspoon orange rind	1/2 teaspoon ground pepper
1/4 cup orange juice, preferably freshly squeezed	1/4 cup extra-virgin olive oil
2 tablespoons lemon juice	1/4 cup organic canola oil or avocado oil
2 teaspoons Dijon mustard	

1. Combine shallot, orange rind, orange juice, lemon juice, mustard, salt and pepper in a blender or mini food processor. (Alternatively, combine in a jar and use an immersion blender.) Add olive oil and canola (or avocado) oil; blend until smooth.

## Scallops with Shallot Citrus Sauce

*From The Washington Post*

Yield: 4 servings

Time: 30 minutes

This recipe would be good with any firm, white fish, but you may need to adjust the cooking time. A thin fillet of cod would work nicely and take about the same amount of time to sear per side. Also, experiment with different citrus combinations to vary the dish.

### **Ingredients**

1 medium red grapefruit (about 12 ounces)	1 tablespoon unsalted butter
1 large orange (about 9 ounces)	1/2 teaspoon kosher salt, divided
3 tablespoons olive oil	1 1/4 pounds large sea scallops
1 large shallot, finely diced (about 3/4 cup)	1/4 teaspoon freshly ground black pepper
1/2 cup dry white wine, such as pinot gris	2 teaspoons chopped fresh tarragon or basil, for serving

1. Using a sharp paring knife, trim the top and bottom off the grapefruit and the orange, then remove the white pith and the peel of each by standing the fruit on one of its cut ends and, following the shape of the fruit with your knife, cutting downward around the fruit.
2. Working over a bowl so the citrus segments fall into the bowl and you catch the juice, use the paring knife to remove each segment of the fruit from its membrane. Squeeze the remaining membrane over the bowl to extract more juice. Using a slotted spoon, transfer the citrus segments to a separate bowl; reserve the juice.
3. In a medium saucepan over medium heat, heat 1 tablespoon of the oil until shimmering. Add the shallots and cook, stirring, until they soften slightly, about 2 minutes. Add the wine, increase the heat to medium-high and bring to a boil. Cook until the wine is reduced by about half, about 2 minutes. Add the reserved citrus juice and cook until the liquid in the pan has reduced slightly, 1 to 2 minutes more. Stir in the butter and 1/4 teaspoon of the salt, then remove from the heat and cover to keep warm.
4. Pat the scallops all over with paper towels to ensure they are as dry as possible, then sprinkle with the remaining 1/4 teaspoon of salt and pepper.
5. In a large skillet over high heat, heat the remaining oil until shimmering. Working in batches if necessary, add the scallops and cook, without moving them, until caramelized and brown on the bottom, 2 to 3 minutes. Gently flip, and cook on the other side until the scallops are only slightly translucent in the center, 2 to 3 minutes more.
6. While the scallops are cooking, add the citrus segments to the sauce, stirring gently so they don't break up much; return the sauce to low heat until warmed through.
7. Evenly divide the scallops among 4 plates, pour about 1/3 cup of sauce on top, and sprinkle with the herbs. Serve warm.