

Sweet & Juicy Satsumas

Grown in the cool, subtropical regions of Japan, China, Spain, South Africa, and on a smaller scale, in California and Florida, Satsumas become ripe around the third week in November and are in season until the end of January. The fruit is juicy, very sweet, low in acid and almost seedless. Their thin, easy-to-peel rind and mild sweet flavor make them particularly popular with children. Thankfully Satsumas are one sweet treat we can ALL indulge in with impunity.

That's because they are loaded with some very beneficial nutrients, including Vitamin C, folate, potassium, and carotenoids. Scientists have established that Vitamin C is vital for the proper functioning of a healthy immune system. Not surprisingly several studies show that regular consumption of Vitamin C rich citrus fruit can reduce the risk of digestive tract cancers by 40-50%. And as little as 1 extra serving per day of citrus fruit can reduce your risk for stroke by 19%.

Unfortunately most conventionally grown citrus fruits have pesticide residues on their skin and many are artificially colored because they are picked before fully ripe. For optimum flavor and nutrition nothing surpasses a handpicked, tree-ripened, organic Satsuma. Stored in a cool, dry place these "Christmas Oranges" will keep 2-3 weeks—if you can keep them from the kids that is.



Andrew Eade

Organic Caterer & Private Chef, Garden of Eade

Andrew Eade is president and executive chef of Garden of Eade, a full service corporate and social organic caterer in the GTA. His impressive client list boasts such names as Edward Norton, Liv Tyler, the Toronto Raptors and Onex Corporation.

Chef Andrew believes there is something spiritual about food. "Everything we consume, from grains of wheat to fresh fish and fantastic chardonnay draws energy from the earth's incredible ecosystem. Any food, no matter how simple, can be elevated to a higher level by the respect, care and appreciation we show for it."

Chef Andrew takes great satisfaction in knowing that the organic ingredients he uses to create his dishes take a short trip from the field to the table. Part of what inspires Eade about cooking with organics is making personal connections with his suppliers. "It's extremely exciting to know when preparing a dish that you can actually trace it back to its place of origin – John grew the lettuce and Bob picked the asparagus."

Eade believes that organic food production is a progressive trend that is taking us back to better methods from the past. "We are moving from the extreme of using chemicals and preservatives, to crop rotations and maintaining healthier soils."

Although organics come in irregular shapes and colours, they are healthier products that taste better – and when skillfully prepared by Chef Andrew Eade, organics are definitely delicious food to look forward to.



Mandarin & Raspberry Trifle with Toasted Cardamom Cream

Sponge Cake Ingredients:

- 2 oz butter & Flour Mixture*
- 3 eggs
- 3 oz granulated sugar
- 1/4 teaspoon salt
- 2 oz cake flour
- 1 oz cornstarch
- 1 teaspoons salt
- 1.25 oz unsalted butter, melted

*4 Parts melted butter with 1 Part Bread Flour

Directions:

- 1) Brush butter and flour mixture over the inside of 1 cake pan.
- 2) Place eggs, sugar and salt in a mixer bowl. Heat over simmering water to about 110°F (43°C), whipping continuously. Remove from heat and whip at high speed until mixture has cooled, is light and fluffy, and has reached maximum volume.
- 3) Sift flour and cornstarch together and fold into batter by hand. Fold in melted butter.
- 4) Bake immediately at 400°F (205°C) for approximately 15 minutes. Let sponge cool before removing from pan.
- 5) Cut sponge to fit serving glasses.

Toasted Cardamom cream:

- 2 tbs Agave Nectar or Granulated Sugar
- 250 ml Heavy Cream
- 1 tsp Cardamom Pods, Toasted & Finely Ground

Directions:

Whip cream, sugar and cardamom to stiff peaks. Place in a pastry bag with a No. 3 (6 mm) plain tip. Reserve in the refrigerator.

Assembly:

2 Whole Mandarins, cut in segments; 4 oz Raspberries; 1 oz Grand Marnier or Triple Sec; Sponge Cake, cooled; Toasted Cardamom Cream

Directions:

- 1) Select your serving glasses for the trifle – champagne glasses are great at giving an elegant look.
- 2) Place the sponge cake in the dish; drizzle with Grand Marnier.
- 3) On top of the sponge cake, place a layer of mandarins and raspberries.
- 4) On top of the fruit, place a layer of toasted cardamom cream.
- 5) Repeat layering until you reach the top.
- 6) Place in the refrigerator until ready to serve.

Visit Planet Organic Market to find all the fresh ingredients you need to make this delicious recipe.



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