



30'



4 PAX



DIFFICULTY  
LOW



ALLERGEN FREE



KCAL\*  
168

#### NUTRITIONAL INFORMATION (by ration)

1	Protein
16,9	Carbs
10,2	Total fat
1,5	Saturated fat
7,2	Monounsaturated fat
1,1	Polysaturated fat
0	Cholesterol
2,4	Fiber
0	Sodium

#### ALLERGENS

-

\* Kcal by ration



DESSERTS

## ORANGE WITH HONEY AND GINGER

PONS

USE:



**PONS  
GREEN OIL**  
EVOO Arbequina



**PONS  
APPLE VINEGAR**  
Apple Vinegar

PAIR:



**FLOCS ROSÉ**  
Cava Brut Rosé



**SISQUELLA**  
White wine

#### INGREDIENTS

- 4 Navelina oranges
- 40 ml Honey or 4 chunks of honeycomb
- Pons Green Oil
- Grated ginger

#### ELABORATION

1. Peel and de-pith the oranges until only the pulp is left.
2. Remove the cleaned orange segments.
3. Arrange the segments on a plate and squeeze the rest of the orange centres, leftover from removing the segments, over top, add grated ginger on top of the orange segments.
4. Season the orange with the honey.
5. If using honeycomb (instead of honey), place it on top of the segments and allow to sit for 20 minutes.
6. While serving, garnish the dish with a plentiful drizzle of Pons Green oil and some drops of Apple Vinegar PONS

#### UTENSILS



Chopping  
board



Knife

#### OBSERVATIONS

In citrus fruits, the pith (or albedo) is the bitter-tasting layer between the fruit's rough exterior peel and its pulp. To "de-pith" is to remove a citrus fruit's entire peel, including the fine membrane which surrounds each segment of the fruit.