



REDBELLY CITRUS

www.redbellycitrus.com.au

Original recipes inspired by RedBelly Citrus blood oranges,
vitaminRED® nutritional information and our orchard story



A Third Generation Venture

Our Story

Redbelly Citrus has its roots set way back in Southern Italy.

Grandparents Vito Leonardo and Domenica Mancini along with Giuseppe and Lucia Barbagallo emigrated from Italy and established Citrus farms in Griffith Australia.

It was in Griffith NSW that their skills and knowledge were handed down to cousins and brothers Vito, Anthony and Leonard Mancini who established Redbelly Citrus in 2006.

The state of the art, high density orchards that Redbelly have established are recognised as the largest blood orange plantings in the southern hemisphere. The orchards and pack house are replete with the latest technologies to bring consumers the best blood orange in the most efficient and cost effective manner including orchard temperature regulation technologies and the latest grading and packing machinery.

Redbelly Citrus is the only dedicated blood orange grower where the orchards and farming practices, as a result, are finely tuned to developing the "bloodiest" blood oranges. The quality of Redbelly blood oranges and blood orange juice is well known and these products are sought out by buyers here in Australia and overseas when only the best blood oranges will do.

"I will never forget my Nonno cutting a blood orange in front of me for the first time. I was a horrified little kid. He thought it was hilarious.

Years later and I am still hooked on blood oranges" - Leonard Mancini



Redbelly Citrus Farm Manager Vito Leonardo

Nutritional Information

vitaminRED®

Did you know?

One average sized blood orange = 200g (70% edible, 50% juice)

One average sized blood orange provides:

- **25.2mg of anthocyanins**
- **14.7 of hydroxycinnamic acids**
- **111mg total polyphenols**
- **Vitamin C - 75mg & Vitamin A - 92 RE**



Blood oranges provide just 119kJ (28 cal) per 100g serve of the edible portion. For your average blood orange (200g/140g edible) there is 178.5kJ (42.5 cal) per orange. This represents 2% of the average Australian adult's recommended daily energy intake (RDI) of 8700kJ.

Blood Oranges are packed with vitaminRED® a potent mix of anthocyanins and other phenolic phytonutrients.

Antioxidants and other components in blood oranges have been shown to:

- Prevent skin damage and sun spots from UV exposure.
- Reduce the impact of smoking and airborne pollution.
- Enhancement of the immune system.

One blood orange has 10 times the antioxidant scavenging capacity as an equivalent navel orange.

So if you're looking for antioxidants in your diet, you can eat 1 blood orange (circa 200g) or you can consume 2kg of navels for the same hit (that's 10g of sugar versus 112g by the way).

RedBelly Citrus Blood Orange	100g Edible	100ml Juice
Energy	119KJ	180KJ
Protein	0.07g	0.7g
Total fat	0.02g	0.02
Total sugars	7g	8.4g
Dietary fibre	2g	0.5g
Potassium	200mg	400mg
Phosphorus	22mg	44mg
Zinc	0.20mg	0.40mg
Vitamin C	50mg	100mg
Total folate	31 ug	62ug
Beta-Carotene (Vitamin A)	371 ug	742ug
Anthocyanins	16.8mg	15mg
Hydroxycinnamic acids	9.8mg	18mg
Total Polyphenols	74mg	148mg



combines the nutrients
of
**ORANGES
& BERRIES**

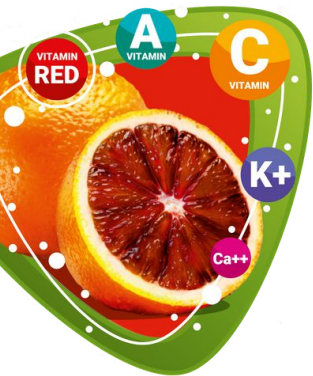
1 = 10
10x ANTIOXIDANTS
AS NAVEL ORANGES



**FORTIFY YOUR
IMMUNE SYSTEM**

Nutritional Information

vitaminRED®



A note about sugar in blood oranges



Conventional thinking was that you should not consume oranges and fruit as juice as it spikes insulin and can lead to metabolic diseases. However, it now seems that the vitaminRED® in blood oranges diverts their eaters from metabolic pathways to insulin resistance and obesity.

Research into blood orange consumption has demonstrated that drinking blood orange juice regularly does not lead to weight gain.

One study investigated the effects of drinking 750ml of blood orange juice over eight weeks on risk factors for metabolic syndrome. The results spoke for themselves: improved insulin resistance, lower cholesterol and systolic blood pressure. Interestingly, there was no increase in body weight, despite the participants increasing their total calorie and carbohydrate intake per day by 344 cal and 86 grams of sugar, respectively.

In controlled studies using animal models, animals fed blood orange juice and high-fat and calorie diet, lost weight and did not develop a fatty liver compared to the animals only on water and navel orange juice. To put it simple, you don't need to be concerned with the sugars in blood oranges.





Recipes

Blood Orange Sangria

Ingredients

- 400ml dry riesling
- 200ml blood orange juice
- 100ml peach liqueur
- 60ml lemon juice
- 1 punnet raspberries
- 1 blood orange (round slices)
- 400ml prosecco
- 8 mint leaves

Sugar Syrup

- 60ml sugar syrup
- 1 cup white sugar
- 1 cup water

Method

- Add all the ingredients into a large jug with ice and mix.
- Then top with prosecco.
- Garnish with round slices of fresh blood orange, raspberries and mint leaves.

Watch the full video recipe at
www.redbellycitrus.com.au

"To share with friends"

Preparation 5 min

Mixing 2 min

Serves 4



Blood Orange Negroni

"The perfect sundowner"

Preparation 4 min



Mixing 2 min



Serves 2



Ingredients

- 40ml gin
- 40ml campari
- 40ml red vermouth
- 40ml freshly squeezed blood orange juice
- 2 small rosemary sprigs
- 2 blood orange slices

Method

- Fill a mixing glass with ice.
- Add all the ingredients to the mixing glass.
- Stir well until the outside of the glass feels cold.
- Add ice cubes or an ice sphere into another glass.
- Strain over the ice.
- Serve with a fresh slice of blood orange and rosemary sprig.

Watch the full video recipe at
www.redbellycitrus.com.au





Chai Spiced Porridge

With Blood Orange & Coconut

"Your power up breakfast packed with Vitamin Red"

Ingredients

- 1½ cups of oats
- 3 cups of water
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg
- ¼ tsp ground cardamom
- pinch of salt
- ¼ cup coconut cream
- 2 tbs maple syrup or honey
- ¼ cup of cacao nibs
- 1 blood orange (peeled and sliced)
- ¼ desiccated coconut or coconut flakes
- 12 raspberries (1/2 punnet)

Method

- Add water, oats, spices and salt into a saucepan and bring up to a gentle simmer on a medium heat and keep stirring until it starts to thicken.
- Once thickened, fold through the maple syrup and coconut cream.
- Garnish with blood orange slices, coconut flakes, cacao nibs and raspberries.

Preparation 5 min

Cook Time 5 - 8 min

Serves 2



Watch the full video recipe at
www.redbellycitrus.com.au







"The perfect entree for
your dinner party"

Watch the full video recipe at
www.redbellycitrus.com.au

Ingredients

- 16 fresh sea scallops
- 1 asparagus bunch
- 1 blood orange (zest and segments)
- 1/2 lemon
- 250g rocket or spinach
- 1 small fennel bulb (thinly sliced)
- ¼ bunch flat leaf parsley (finely chopped)
- 2 garlic cloves (finely chopped)
- 200ml olive oil
- ½ tsp white sugar
- 1 ½ tsp white wine vinegar
- 1 tbs butter
- salt & pepper to season

Method

Blood Orange Gremolata

- Mix finely chopped parsley, garlic, 100ml of olive oil and the zest of one blood orange into a small bowl.
- Season with salt and pepper and set aside.

Seared Scallops

With Asparagus Salad & Blood Orange Gremolata

Preparation 10 min



Cook Time 10 - 15 min



Serves 4



Scallops & Asparagus

- Pat the scallops dry and season with salt and pepper.
- Heat oil in a non-stick frying pan over moderately high heat until hot but not smoking, then sauté scallops for 30 - 50 seconds on each side, until golden brown and just cooked through.
- Add a knob of butter to scallops. Spoon melted butter over the scallops whilst tilting the pan.
- Finish with a squeeze of lemon juice.
- Once the scallops have been removed from the frypan, add the asparagus to the hot pan and cook until just tender in the pan juices.
- Coat the scallops with the blood orange gremolata.

Salad

- In a bowl, mix white wine vinegar, sugar, a drizzle of olive oil and a pinch of salt and pepper.
- Add asparagus, finely sliced fennel and rocket to the bowl of dressing and mix altogether.
- To assemble place salad on a plate and rest the scallops on top. Garnish with blood orange segments.





"A vibrant taste of the
Middle East"

Ingredients

- 250g halloumi
- 2 blood oranges
- 3 tbs honey
- 1 small bunch of watercress
- 1 tsp smoked paprika
- ¼ tsp chilli powder

Pistachio Dukkha

- 1½ tbs coriander seeds
- ½ tbs cumin seeds
- ¼ cup shelled pistachio nuts
- 2 tbs sesame seeds
- 11/2 tbs unsweetened shredded coconut
- 1/2 tsp sea salt
- 1/4 tsp cracked black pepper



Honey Seared Halloumi

With Blood Orange, Watercress & Pistachio Dukkha

Preparation 10 min

Cook Time 5-10 min

Serves 2-4



Watch the full video recipe at
www.redbellycitrus.com.au

Method

Pistachio Dukkha

- Preheat oven to 180 degrees.
- Roast pistachios in the oven on 180 degrees for 5 minutes.
- Let them cool completely before crushing them.
- Toast spices and coconut in a fry pan on low heat, tossing them constantly. Set aside to cool down.
- Then place all ingredients into a mortar and pestle and crush them gently until it forms a coarse texture.

Honey Seared Halloumi

- Slice the halloumi into thick 1-2 cm slices and drizzle in olive oil.
- Dust with smoked paprika, chilli powder and drizzle with honey.
- Heat non-stick fry pan or grill to medium-high heat and cook the halloumi until golden for 2-3 minutes on each side.
- Add the blood orange slices to the pan to warm gently, then serve with the watercress and a sprinkle pistachio dukkha.



"The romantic touch"

Preparation 5 - 10 min



Serves 4 - 6



Fresh Oysters

With Blood Orange Vinaigrette

Ingredients

- ½ cup of champagne or white wine vinegar
- 2 shallots (finely diced)
- 1 blood orange (juice)
- pinch of sugar
- pinch of salt
- ground black pepper
- chive or fennel fronds

Method

- Shuck oysters or ask your fishmonger to do it.
- Mix all ingredients together and whisk. Taste for seasoning.
- Arrange oysters on a plate over a layer of rock salt or crushed ice.
- To serve, spoon vinaigrette over each oyster.
- Garnish with chive or fennel fronds and serve with a glass of bubbles.







Blood Orange Peri Peri Chicken

With Oven Roasted Fennel & Red Onion

"Do you like spice? Increase the chilli"

Preparation 10 min



Cook Time 35 - 40 min



Serves 4



Watch the full video recipe at
www.redbellycitrus.com.au

Ingredients

- 6-8 chicken thighs (on the bone)
- 2 red onion (cut into quarters)
- 2 fennels (cut into quarters)
- 2 blood oranges (round slices)

Marinade

- 2 dried chilli's (rehydrated)
- 2 large fresh long chilli's
- 1 birds eye chilli
- 1/2 brown onion
- 4 cloves of garlic
- 1 small knob of ginger
- 2 tbs brown Sugar
- 1/4 bunch fresh thyme
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 blood orange (zest & juice)
- 1/2 bunch coriander
- 1 tsp ground pepper
- 1 tbs sea salt

Method

- Pre heat the oven to 180 degrees.
- Add all marinade ingredients into a food processor and blend for 2-3 minutes.
- Adjust with salt to taste and set aside in a wide bowl.
- Generously coat chicken thighs in peri peri marinade.
- Place chicken thighs in a large baking tray dish lined with baking paper.
- Place fennel and red onion in between the chicken thighs and bake for 35-40 minutes.
- Baste the chicken with remaining marinade after 20 minutes and place blood orange slices over the chicken.
- Poke the chicken thigh with a knife to check if it's done. The liquid should come out clear.
- Serve with your favourite sides. We like to serve this with rice and grilled corn.





Blood Orange Zested Biscotti

With Dipped Dark Chocolate

"Biscotti, known also as cantucci, are Italian almond biscuits"

Preparation 35 - 40 min



Cook Time 45 min



Serves 6-8



Watch the full video recipe at
www.redbellycitrus.com.au

Ingredients

- 2¼ cups plain flour
- 1 tsp baking powder
- 4 tbs unsalted butter (softened)
- 2 eggs
- 1/4 tsp salt
- 1 cup white sugar
- 1/2 tsp vanilla
- 1/4 tsp almond extract
- 3/4 cup whole almonds (toasted and chopped coarse)
- 1 blood orange (zest)
- 3 tbsp brandy

Method

- Preheat your oven to 180 degrees.
- Toast almonds in the oven for 5-10 minutes.
- Whisk flour, baking powder, and salt together in medium bowl and set aside.
- Cream the butter and sugar together until smooth for about 2 mins with a mixer at a medium speed. Beat in the eggs one at a time, then add the almond extract and vanilla.
- Stir in toasted and chopped almonds along with the zest of one blood orange.
- Add dry ingredients to the egg mix gradually until just combined.
- Cover the dough and chill for 30 minutes.
- Using moistened hands, halve dough and form 2 (16-by 2-inch) loaves on an ungreased large baking sheet.
- Pat smooth and bake until a pale golden colour for 30 minutes. Allow to cool slightly for about 10 minutes.
- Cut each loaf diagonally into ¾ inch slices with a serrated knife.
- Arrange the biscotti, with a cut side down, on a clean baking sheet and bake until golden for a further 10-15 minutes. Transfer to rack to cool completely.
- Meanwhile melt dark chocolate in a microwave or over a bain-marie.
- Dip half the biscotti into the melted chocolate and finish with some more zested blood orange.





Blood Orange Trifle

With Amaretto Mascarpone

"It's the finale. It's the last impression."

Ingredients

Jelly

- 10g gelatine leaves or 2 tsp gelatine powder
- 500ml blood orange juice
- 3/4 cup white sugar

Amaretto Mascarpone

- 2 tsp amaretto liquor
- 250g mascarpone
- 2 tbs pure icing sugar

Layers

- 6-8 savoiardi biscuits
- 4 tbs amaretto liquor
- 1 blood orange (segments)
- 1/4 cup toasted almond flakes
- 1 punnet of edible flowers (garnish)

Preparation 20 - 30 min

Cook Time 2-3 hrs

Serves 4




Method

- Soak the gelatine leaves in cold water for 5 minutes until softened.
- Add gelatine and sugar to 500mls of strained blood orange juice. Dissolve on low heat until just warm. Do not boil or overheat. Pour into serving glasses and refrigerate for 2-3 hours until firm.
- In a shallow bowl, pour 4 tbs of amaretto over savoiardi biscuits and allow them to absorb slightly.
- In a small mixing bowl mix mascarpone, icing sugar and 2 tbs of amaretto together until combined.
- Once the jelly is set, assemble with mascarpone, soaked savoiardi biscuit, more mascarpone, blood orange segments, almond flakes and garnish with edible flowers.

Watch the full video recipe at
www.redbellycitrus.com.au







We hope you have enjoyed our blood orange
recipes for the season.

Please share your creations with us via
instagram by using the #bloodygoodoranges
and we will share them with our community.

Thank you

From the
Redbelly Citrus team.





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