



FOOD RECIPES

BLOOD ORANGE JUICE

EASY ORANGE CHICKEN STIRFRY

4 boneless, skinless chicken breast, cut into cubes.

Marinade

2 tablespoons dry sherry

1 tablespoon cornstarch

Sauce:

1/3 cup Bickford's Blood Orange Juice

2 tablespoons dark soy sauce

1 teaspoon sesame oil

1 teaspoon brown sugar

¼ teaspoon chilli paste

1 clove garlic, minced

1 slice ginger, minced

Oil for stir-frying, as needed

Place the cubed chicken in a bowl, and add the marinade ingredients. Marinate the chicken for 30 minutes.

While the chicken is marinating, prepare the sauce ingredients and the garlic and ginger.

Heat the wok and add oil. When the oil is ready, add the garlic and ginger and stir-fry until aromatic.

Add the chicken and stir-fry until it changes colour. Add the sauce.

Combine the sauce and the chicken. Stir-fry for another minute and serve hot.

ORANGE BREAD WITH WALNUTS

2 ½ cups flour

1 tablespoon baking powder

1 cup sugar

1 teaspoon salt

¼ cup shortening

1 egg

¾ cup milk

¼ cup Bickford's Blood Orange Juice

3 tablespoons finely grated orange peel

1 cup chopped walnuts or pecans

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In a small bowl beat egg slightly. Stir in milk, Bickford's Blood Orange Juice and grated orange peel. Add to flour and shortening mixture, stirring only enough to moisten all ingredients. Fold in walnuts or pecans. Spoon mixture into greased loaf pan, spreading to corners. Leave a slight depression in centre of loaf. Let stand for 15-20 minutes. Bake orange bread in preheated 250°C oven for 55-60 minutes. Let stand for 5 minutes, turn out onto wire rack to cool completely. Wrap and store bread overnight for easier slicing. Serve with softened butter.

ORANGE DESSERT SQUARES

2/3 cup sugar

½ cup butter, softened

2 eggs, separated

2 cups self raising flour

¾ cup milk

4 teaspoons finely grated orange peel

Orange sauce:

2/3 cup sugar

1 tablespoon cornstarch

¼ teaspoon salt

1 cup boiling water

1 teaspoon butter

4 teaspoons finely grated orange peel

½ Bickford's Blood Orange Juice

In a medium bowl, beat sugar and egg yolks at medium speed until light and fluffy; add flour alternate with milk at low speed, beginning and ending with flour. Beat egg whites until stiff but not dry; fold egg whites and orange rind gently into a batter; pour into greased and floured baking pan. Bake at 200°C for 20 to 25 minutes or until golden brown. Cool, cut into squares, and serve with warm orange sauce. Sevres 12-18

Sauce: In a small saucepan, mix together sugar, cornstarch, and salt; pour in the boiling water, stirring constantly. Cook over medium heat until mixture boils and thickens. Add butter, orange peel, and Bickford's Blood Orange Juice.





FOOD RECIPES

BLOOD ORANGE JUICE CONT...

ORANGE MUSTARD GLAZED CHICKEN

¼ cup orange marmalade
¼ cup Bickford's Blood Orange Juice
¼ cup Dijon mustard
2 tablespoons brown sugar
1 tablespoon gravy mix
1 whole chicken cut into quarters, or 4 breast fillets.

In a small bowl, combine marmalade, Bickford's Blood Orange Juice, mustard, sugar, and Gravy mix. Grill chicken pieces under grill for 15 minutes, turning frequently. Brush with orange mustard glaze and continue grilling for 15 minutes longer, brushing frequently with glaze. Remove from grill and serve immediately. Drizzle remaining sauce over chicken and serve.

BUTTERY ORANGE CAKE

Serving size: 10 or more
Cooking Time: More than an hour

250 grams unsalted butter, softened, chopped
1 ¼ cups castor sugar
4 eggs
1 2/3 self raising flour
¾ cups Bickford's Blood Orange Juice
2 tablespoons boiling water

Preheat the oven to 180°C. Grease a deep 28cm round cake pan, line base with baking paper. Beat butter and sugar in a small bowl with an electric mixer until light and creamy. Add eggs, one at a time, beating until combined between additions. Fold in sifted flour, then Bickford's Blood Orange Juice and boiling water. Spread the mixture into the prepared pan and bake for about 35 minutes or until cooked when tested with a skewer. Allow cake to stand for 2 minutes before turning onto a wire rack to cool. Dust with sifted icing sugar and serve.

DARK GRAPE JUICE

GRAPE PARFAIT PIE

1 ½ cups Bickford's Dark Grape Juice
22cm Pre-prepared biscuit base
½ cup boiling water
1 pack strawberry flavoured gelatine
2 scoops softened vanilla ice-cream
1 teaspoon grated orange peel
Sweetened whip cream

Combine gelatine and boiling water; stir until dissolved. Add Bickford's Dark Grape Juice. Gradually add ice cream, stirring until melted. Add orange peel. Chill until thickened but not set (15-25 minutes). Spoon into pre-prepared biscuit base. Chill until firm. Garnish with whipped cream and dark grapes.

CARAMELISED WALNUTS

2 cups walnut halves
1 cup brown sugar
1 cup Bickford's Dark Grape Juice
1 pinch of salt
1 pinch of cinnamon

Line oven tray with aluminium foil and brush lightly with oil and set aside. Place nuts on dry oven tray and heat nuts in pre-heated 180°C oven for 5 minutes. Remove and allow to cool. Place brown sugar, Bickford's Dark Grape Juice, salt, and cinnamon in pan. Stir and cook on medium flame until sugar has melted completely. Bring to the boil, then lower flame slightly and boil for 10-15 minutes until mixture turns to a thick syrup. Remove pan from heat and add walnuts. Stir well to coat the nuts. Allow walnuts to dry on a lined tray and serve.

DARK GRAPE JUICE RASPBERRY SORBET

3 cups raspberries, fresh or frozen
1 ¼ cups Bickford's Dark Grape Juice
1 ½ Tablespoons fresh lemon juice
¾ cup sugar
½ cup whipped cream

Combine all ingredients in a food processor and blend until smooth. Place in small bowls and leave to set in refrigerator for 15-20 minutes, before serving.





FOOD RECIPES

CRANBERRY JUICE

CRANBERRY CINNAMON POACHED PEARS

Preparation Time: 5 minutes

Cooking Time: 6-8 minutes

Serving Size: ½ pear each

½ cup Bickford's Cranberry Juice

Pinch of cinnamon

2 ripe pears

½ cup sugar

Mix the Bickford's Cranberry Juice and cinnamon in a microwave-safe baking dish, just large enough to hold 4 pear halves.

Peel, halve and core the pears. Toss them in the Bickford's Cranberry Juice as soon as you've prepared them to prevent them from turning brown.

Arrange the pear halves in a single layer. Sprinkle the sugar on top.

Cover the fish and microwave on high for 6 minutes.

Carefully remove the lid and pierce pears. If it easily pierces, the pears are done. If not, cover and microwave on high another 1 to 2 minutes.

Toss the pears in the syrup. Cover and let cool for 20 minutes, or refrigerate until ready to serve.

CRANBERRY TURKEY LEGS

6 chicken drumsticks (Turkey can also be used)

1 can cranberry sauce

¼ cup Bickford's Cranberry Juice

¼ cup Bickford's Lime Juice Cordial

3 jalapenos or red chillis

3 cloves garlic, minced

1 tablespoon lime zest

1 ½ teaspoon salt

1 teaspoon parsley flakes

½ teaspoon black pepper

Place drumsticks in a large baking dish. Combine Bickford's Cranberry Juice, Bickford's Lime Juice Cordial, and garlic in a small mixing bowl. Pour mixture over drumsticks, cover, and allow to marinate in refrigerator for 2-4 hours.

CRANBERRY TURKEY LEGS CONT..

Preheat grill for medium-high heat.

Place remaining ingredients in a small saucepan. Bring mixture to a boil and allow to simmer for 5-7 minutes. Remove drumsticks and place on grill rack. Cover and allow to cook for 50-60 minutes, Brush with prepared sauce throughout cooking. Once drumsticks are cooked, remove from heat and serve.

REFRESHING WATERMELON SORBET

Prep: 10 minutes + freezing time

Cooking: 5 minutes

Serves: 4-6

1 cup Bickford's Cranberry Juice

½ cup castor sugar

2 cups pureed seedless red watermelon flesh (about 550g), sieved

1 egg white

Place Bickford's Cranberry Juice and sugar in a small saucepan and stir over low heat until sugar has dissolved. Increase heat to bring to boil, remove from heat and cool.

Process cranberry syrup and pureed watermelon until well combined. Pour mixture into a loaf baking tin and place in freezer until just frozen. Remove mixture from freezer and process with egg white until well combined. Return mixture to pan, cover with plastic wrap and freeze for several hours more. Remove mixture from freezer and process for a final time, until pale and creamy. Re-freeze. Serve scoops of sorbet in small bowls.

CRANBERRY PORK ROAST

1-1.5kg Pork Loin Roast

450 grams cranberry sauce

½ cup sugar

½ cup Bickford's Cranberry Juice

1 teaspoon dry mustard

¼ teaspoon ground cloves

2 tablespoons cornstarch

2 tablespoons cold water

Salt





FOOD RECIPES

CRANBERRY PORK ROAST CONT...

Place pork roast in a slow cooker. In a medium bowl, mash cranberry sauce, stir in sugar, Bickford's Cranberry Juice, mustard, and cloves. Pour over roast. Cover and cook on low for 6-8 hours or until meat is tender. Remove roast and keep warm. Skim fat from juices; discard. Add broth to a 2 cup measuring cup, adding water if necessary to equal 2 cups total liquid. Pour into saucepan and bring to a boil over medium high heat. Combine cornstarch and cold water to make a paste, stir in saucepan. Cook and stir until thickened. Season with salt. Serve over sliced pork. Makes 4 to 6 servings.

PRUNE JUICE

BEEF TAGINE

1 teaspoon Ground Ginger
1 teaspoon ground cinnamon
½ teaspoon ground allspice
1 pinch ground cloves
700 grams lean Braising steak, chunk or blade, cut into chunks
1 onion, sliced
1 clove garlic, crushed
1 tablespoon olive oil
1 grated lemon, juice and rind of
2 tablespoons honey
1 cup Bickford's Prune Juice
Salt and Freshly ground pepper

Mix together ginger, cinnamon, allspice, and cloves and rub into beef.

Cook onion and garlic in a heavy-based casserole of saucepan until soft, add beef and cook for 2-3 minutes until beef is browned.

Add lemon rind and juice, honey, Bickford's Prune Juice, and salt and bring to the boil. Simmer gently until meat is tender (1 ½ -2 hours)

Check tenderness at 2 hours.

Serve on a bed of couscous and garnish with fresh coriander.

HIGH FIBRE PRUNE BREAD

2 cups all-bran cereal
2/3 cups Bickford's Prune Juice
2/3 cup buttermilk
½ cup sugar
2/3 cup prunes, pitted, cooked, and chopped
1 egg
1 ¼ cups flour
Pinch of salt
1 ½ teaspoons baking soda
1 tablespoon butter or margarine
½ cup nuts, chopped (optional)

Soak bran in Bickford's Prune Juice and buttermilk.

Cream sugar and butter thoroughly then add the egg and beat well.

Add bran mixture.

Sift the flour with the salt and baking soda and add to the mixture.

Now add the nuts, if you like.

Stir only until flour disappears.

Bake in a greased loaf pan in a preheated 180°C oven for an hour and 20 minutes.

OATMEAL FLAX COOKIES WITH CHOCOLATE CHIPS

Makes 24 servings

1 cup Applesauce
¼ cups brown sugar
½ cup Bickford's Prune Juice
1 egg
1/3 cup milk
1 ½ teaspoons vanilla extract
3 cups rolled oats
1 cup ground flaxseed
1 cup whole wheat flour
½ teaspoon baking soda
¼ teaspoon ground cinnamon
¾ cup chocolate chips

Preheat the oven to 180°C. Grease cookie sheets.

In a large bowl, cream together the applesauce and brown sugar until smooth

Beat in the eggs then stir in the milk and vanilla

Mix in the flour, oats, baking soda, and cinnamon until well blended.





FOOD RECIPES

PRUNE JUICE CONT...

Fold in the raisins (and if you want, 1 cup of chopped walnuts).

Drop by rounded spoonfuls onto the prepared cookie sheet.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on the baking tray for 5 minutes before removing to a wire rack to cool completely.

BANANA NUT PANCAKES WITH TOFU

2 cups whole wheat flour
3 teaspoons baking powder
1 teaspoon salt
8 tablespoons butter
3 eggs
2 bananas
90 grams tofu, firm
½ cup skim milk
1 cup Bickford's Prune Juice
2 tablespoons butter
¼ cup walnuts

In a large bowl combine all dry ingredients and whisk to fluff in air.

Whip bananas, yolks, melted butter, tofu, and milk until liquid is smooth.

Beat egg whites separately

Preheat griddle or frying pan to medium heat.

Combine liquid and flour mix gently.

Fold in egg whites

Fry over medium heat turning after several minutes or when bubbles stop forming.

Serve topped with walnuts and Bickford's Prune Juice reduction.

POMEGRANATE JUICE

GLAZED CHICKED BREASTS

¾ cup Bickford's Pomegranate Juice
4-6 boneless, skinless chicken breasts
1 cup peeled baby carrots
3 sliced green onions
2-3 tablespoons olive or vegetable oil
1 cup chicken broth
¼ cup balsamic vinegar

GLAZED CHICKED BREASTS CONT...

2 teaspoons cornstarch
2 teaspoons brown sugar
1 teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon salt
Hot cooked penne pasta (optional)

Place oil in a large frypan; brown chicken pieces with carrots and onions for 5-6 minutes, or until tender, stirring frequently. Remove chicken pieces. Keep carrots and onions warm.

Place broth in a pan and add back chicken pieces; cover and simmer for 15-20 minutes, or until cooked. Reserve 1/3 cup of chicken cooking liquid.

Transfer chicken and vegetables to platter; cover and keep warm.

Put reserved 1/3 cup of chicken cooking liquid in skillet. Stir in Bickford's Pomegranate Juice, vinegar, cornstarch, brown sugar, and seasonings. Bring to a boil; reduce heat. Simmer 2 minutes. Drizzle some of the sauce over chicken and vegetables. Serve with pasta if desired, and remaining sauce.

BANANA CREPES

Prep: 1 Hour

Cooking Time: 20 minutes

Makes: 12-14 crepes

Crepe Ingredients:

2 large eggs
1 cup whole milk
½ teaspoon salt
1 cup self-raising flour
2 tablespoons melted butter

Filling:

1 cup pomegranates
¾ cup mashed bananas (about 2 medium)
1 cup ricotta cheese
¼ cup sugar
½ teaspoon vanilla
1 tablespoon white rum

Sauce:

1 ½ cups Bickford's Pomegranate Juice
2/3 cup sugar
2 tablespoons cornstarch
¼ cup white rum





FOOD RECIPES

BANANA CREPES CONT...

Crepes:

Beat eggs and add remaining crepe ingredients
Heat a non-stick crepe pan over medium heat until hot.

Pour about 2 tablespoons of batter into pan; swirl the pan to spread the batter to the edges. When bubbles form on the top and the edges are dry, flip over and cook until lightly browned on the other side.

Remove from pan and repeat with remaining batter.

Filling:

Score 1-2 fresh pomegranates and place in a bowl of water. Break open the pomegranates under water to release the seed sacs. Place the seeds in a separate bowl. Reserve 1 cup seeds and set aside.

Mix mashed bananas with ricotta cheese.

Stir in sugar vanilla, rum, and seeds.

Sauce:

In a saucepan, mix sugar with cornstarch.

Add Bickford's Pomegranate Juice and rum. Stir to combine.

Cook sauce over medium heat and stir until sauce boils and thickens.

Remove from heat and cool slightly.

To Serve:

Layout crepes on flat surface and add 2 tablespoons of filling.

Fold over to close and serve seam-side down.

Spoon sauce, warm or cold, over the top of each crepe before serving.

MARINATED RACK OF LAMB

Makes 16 chops

2 racks of lamb

6 large cloves of garlic, chopped finely

1-1/2 tablespoons thyme, chopped finely

1 cup Bickford's Pomegranate Juice

3 tablespoons olive oil

Salt

Freshly ground black pepper

Pomegranate seeds for garnish (optional)

To prepare lamb, lightly score meat in a

MARINATED RACK OF LAMB CONT...

diamond pattern; rub each rack with half the garlic and half the thyme. Put lamb in a heavy duty resealable bag. Pour Bickford's Pomegranate Juice into bag; seal. Marinate lamb in the refrigerator overnight, turning occasionally. To cook lamb, remove lamb from bag, reserving marinade; pat dry. Bring to room temperature. Meanwhile, strain reserved marinade; reduce over medium-high heat by about half. Reserve. Rub each rack with half the olive oil; season well with salt and pepper. Arrange racks in a shallow roasting pan, fat side up. Roast at 250°C. Baste lamb with reserved reduced marinade twice toward the end of cooking. Remove lamb from oven; cover with a tea towel. Let cool for 10 minutes and carve into chops. Drizzle each chop with remaining marinade, garnish with pomegranate seeds and serve.

POMEGRANATE PARFAIT

Makes 6 servings

1 tablespoon gelatine

1 cup sugar

3 eggs, separated

3/4 cup water

1 cup Bickford's Pomegranate Juice

2 tablespoons fresh lemon juice

1 cup whipped cream

Chopped pistachio nuts for garnish

Pomegranate seeds for garnish (optional)

Mix gelatine and sugar in a heavy saucepan. In another bowl, whisk egg yolks and water together; stir in gelatine mixture. Cook over medium-low heat; stirring constantly until sugar and gelatine dissolve. Remove from heat; stir in Bickford's Pomegranate Juice and lemon juice. Refrigerate pomegranate mixture, stirring occasionally until mixture moulds slightly. When ready, beat egg whites until stiff but not dry and combine with the pomegranate mixture. Beat cream in a separate bowl, and then combine with the pomegranate mixture. Divide mixture into 6 parfait glasses and chill for at least 4 hours. To serve, garnish with a dollop of whipped cream and sprinkle with pistachio nuts and pomegranate seeds.

