



# SIMPLY GOOD FOOD Tangerine

Nutrient Analysis - 2  
medium:

70 Calories

Vitamin C - 40%+ DV

Vitamin A - 20%+

Best Season to  
Buy Fresh:

November  
December  
January  
February

**TANGERINE:** The tangerine was once called the kid-glove orange because the loose skin came off so easily, without soiling the fingers. It probably originated in Asia, but we first acquired it through the port of Tangier in Morocco: hence, tangerine. It is an easy-peeling fruit, deep orange-red to scarlet in color. (1)

## **TANGERINE VARIETIES:**

**MANDARINS** have a light orange color, smooth skins, a mild sweet flavor and some seeds.

**TANGELOS** are the pebbly-skinned variety that are traditional at Christmas time, sometimes with stem and leaf attached. Algerian and Dancies, the most plentiful of the true tangerines, are available from November through January.

**TEMPLES** are a cross between a tangerine and an orange. They tend to be large and similar to an orange in flavor. (2)

**Tangerine Storage**  
- room temperature for  
up to one week  
- for best results, store  
in plastic bag or in the  
covered vegetable  
crisper in the  
refrigerator



### Fresh Tangerine Fruit Salad

- 1 c sour cream
- 2 Tbsp brown sugar
- grated peel of 1 fresh tangerine
- 3-4 tangerines, peeled, segmented and seeded
- 1 apple, unpeeled, cubed
- 1 pear, unpeeled, cubed
- 1 banana, sliced
- 1 c seedless grapes
- ½ cup coarsely chopped nuts

In a large bowl, combine sour cream, brown sugar and tangerine peel. Stir in remaining ingredients; chill. Yield: 6 servings



### Golden Brandied Tangerines

- ½ c fresh squeezed tangerine juice
- ¼ c sugar
- 2-3 Tbsp brandy
- Grated peel of ½ fresh tangerine
- 3-4 tangerines, peeled, segmented, seeded

In saucepan, combine tangerine juice and sugar; bring to boil, stirring to dissolve sugar. Remove from heat. Add remaining ingredients; chill 4 hours or longer. Spoon into 4 dessert dishes; top with sour cream, if desired or serve over ice cream, sponge or pound cake. Yield: 4 servings

### Baked Yams 'N' Tangerines

- 2-16 oz cans yams
- 3-4 tangerines, peeled, segmented, seeded
- ¼ c apricot or peach preserves
- Grated peel of 1 fresh tangerine
- 3 Tbsp butter or margarine
- 1 ½ c miniature marshmallows

Drain yams, reserving ¼ cup syrup. In a buttered 8" square baking dish, combine yams and tangerine segments. Blend together apricot preserves, reserved ¼ cup syrup and tangerine peel; pour over yam mixture. Dot with butter; sprinkle with marshmallows. Bake, uncovered at 375°F for 30 minutes until heated through and marshmallows are lightly browned. Yield: 6 servings

### Tangerine Tapioca Parfait

- 1 pkg vanilla tapioca pudding mix
- 2 cups milk
- 3-4 tangerines, peeled, segmented
- 2 c whipped cream or whipped topping

Prepare tapioca pudding with milk according to package directions; cool. Reserve 6 tangerine segments for garnish; cut remaining segments in bite-size pieces. In parfait glasses, alternate layers of tapioca, tangerine pieces and whipped cream. Top each serving with a whole tangerine segment. Chill. Yield: 6 servings

### Supporting State Extension Goal: Health, Safety and Well Being

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Source: (1) "A Produce Reference Guide to Fruits and Vegetables from Around the World" by Donald D. Heaton.; (2) Sunkist Growers, Inc.

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