Orange Carrot Mandarin Ring

One orange-carrot mandarin ring, about 3¾ cups (900 ml); 6 fruit-salad side portions · Active 35 min · Total 10 hr 30 min

Ingredients

- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml)
- 2 cups strained pasteurized orange juice (480 ml), divided
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons plus 1 teaspoon granulated sugar (30 g)
- ¾ cup finely grated peeled carrot (80 g), patted dry and long shreds shortened
- 1¼ cups ready-to-eat canned mandarin orange segments AFTER draining (200 g), packed in juice, large segments cut once
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Fine grater, Knife and board, Sieve, Clean cloth or paper towel, Small saucepan, Mixing bowl and spoon, Scale and measuring jug, Metal ring mold of at least 1¼-liter capacity, Food thermometer, Cold platter, Refrigerator

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Check mold capacity, dry and oil lightly. Drain mandarins, weigh 200 g fruit and keep cold. Finely grate prepared carrot, pat dry and weigh 80 g. Bloom gelatin over 90 ml cold water in mixing bowl 5–10 minutes.

2. Warm 240 ml orange juice with sugar to 140–150°F (60–65°C), stirring to dissolve sugar. Remove from heat and stir into gelatin until dissolved. Add remaining 240 ml juice and lemon.

3. Refrigerate 25–40 minutes, stirring gently every 10 minutes, until lightly syrupy. Fold in cold drained mandarin pieces and fine dry carrot shreds. Spoon into ring with at least ½ inch (1.25 cm) headroom; refrigerate excess separately.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 10½ hours total including draining, grating and suspension. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 6 fruit-salad side portions.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Check canned fruit, juice and gelatin labels. Animal gelatin means this is not vegetarian or vegan.

A useful detail

Free liquid totals 585 ml, plus 30 g sugar, 80 g carrot and 200 g drained mandarins. Fourteen grams gelatin supports roughly 900 ml of citrus and inclusions. Drained mandarin liquid is excluded.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water.