

Candied Peel

The great citrus season recipe

A free recipe download from www.TessYoungDesigns.com



Ingredients

Peel of 3 – 4 oranges

8oz / 200g sugar (for syrup)

6oz / 150g sugar (for coating)

4 tablespoons of water



1. After juicing the oranges pull out the pith that make up the orange segments, leaving the white pith next to skin.
2. Slice the orange peel into sticks.
3. Put the peel in boiling water, wait for the water to rise to the boil again and allow it to boil for approx. 1 minute. Repeat this step 5 times. This removes the bitterness. You don't have to be overly exact with the 1 minute, but do avoid overcooking the peel or it will go mushy.
4. Put the syrup sugar in a pan with the 4 tablespoons of water. Heat to dissolve the sugar in the water. This may not seem like a lot of water but don't add more. If you do you may end up overcooking the peel in the next step and it will get tough.
5. Add the peel to the syrup and boil until the liquid evaporates, stirring occasionally. Be careful that it doesn't stick, but don't stir so much that the peel breaks up.
6. Lay some baking parchment on a baking tray and sprinkle half the coating sugar over it. Spread the peel out on the sugar (taking care because it will be hot) and sprinkle the second half of the sugar over the peel. Mix it all together with your hands. Then roll each piece of peel in the loose sugar so it is coated and not sticky.
7. Leave the peel out in a dry place (not a steamy kitchen) for about 24 hours to make sure it's nicely dried before you put it into an airtight container.

