

Candied Citrus Peel

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Ingredients: Makes about 1/2 pound

5 Oranges
or 8 Lemons or Limes
or 3 Grapefruit
3 Tbs Corn Syrup, light
3 cups Sugar
1 1/4 cups Water

Procedure:

Quarter the citrus fruit, remove pulp and scrape white pith from the peel. Cut the remaining skins into 1/2 inch strips. In a saucepan, cover peel with water, bring to a boil. Reduce heat and simmer for 10 minutes. Drain and repeat twice more. In a heavy bottomed saucepan, bring 1 1/2 cups of sugar, 3 Tbs syrup and 1 1/4 cups water to a boil over low heat, until sugar is dissolved. Cook 20 minutes, washing down any sugar crystals adhering to sides with a brush dipped in water. Add peel and simmer for 15 minutes more; keep stirring to prevent sticking, until syrup is almost completely absorbed by the peel, be sure not to let burn. Keep the syrup for other uses, such as a sauce to marinate fresh fruit.

Line 2 cookie sheets with wax paper, cover with remaining 1/2 cup sugar. Gently lift each piece of peel onto sugar and roll to coat. Leave peel in single layer overnight. Store in airtight container, separating each layer with wax paper.

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