



## Candied Orange Peel

- 4-6 organic oranges
- 2 cups sugar
- 1 cup water
- 2 t. corn syrup
- sugar for coating (Baker's sugar, if possible)

1. Cut fruit in half and juice. (Save juice to drink!)
2. Cut the orange halves in half again and place into a large saucepan. Cover with cold water. Bring to a boil over medium-high heat, then turn heat down to low. Let the peel simmer 7 minutes. Pour contents of pan through a strainer, discarding the water. Place the peels back into the dry pan, cover with fresh cold water and bring to a boil, again. Cook for 7 minutes, then drain. Repeat the process 1 more time, for a total of 3 times. After the last drain, place the peels on a cutting board and let cool for 30 minutes.
3. With a melon baller or spoon, scoop out the pulp and as much of the white pith as you can. Cut the peel into 1/4" strips.
4. Place the peel into a large saucepan, along with sugar and 1 cup of water. Over medium-high heat, stir until the sugar dissolves and the syrup comes to a boil. Reduce the heat to low and keep at a slow simmer for 40 minutes.
5. Take a cooling rack and place it onto top of a parchment covered, rimmed baking sheet. Using a slotted spoon, take the peel out of the syrup and place onto the cooling rack. Let them cool for 20 minutes.
6. Place some fine Baker's sugar (or regular granulated sugar) into a bowl. Toss the peels into the sugar, making sure to keep them separate from each other. Place sugared peels onto a piece of parchment and let them dry overnight. Store in an airtight container in the refrigerator.

Note: These candied peels will keep in the refrigerator for months. You can cut them up and put them into cookies or scones, eat them as is, or dip them into chocolate.