



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

### **Candied Orange Peel 2013**

makes 2 1/2 lb

12 oranges, washed  
6 cups sugar  
6 cups water  
2 drops each red and yellow food color [optional]  
a candy thermometer

#### **THE STEPS**

- Using a very sharp vegetable peeler, remove peel from oranges with as little pith as possible
- Cut peel lengthwise into 1/3 inch wide strips.

#### **BLANCHING**

- Place peel in a deep heavy pot. Cover with cold water by 1 inch and bring to a boil.
- Reduce heat and simmer 10 minutes.
- Drain in colander.
- Repeat blanching 2 more times.
- Cover peel once more with cold water and simmer until skin is tender - 30 minutes - drain in colander.
- Return pot to stove and add 6 cups of water and 6 cups of sugar.
- Bring to a boil, stirring until sugar is dissolved.
- Add food color and boil syrup without stirring until it reaches 220°F on the candy thermometer - about 30 minutes.
- Add drained peel and simmer over low heat for 45 minutes or until translucent.
- Remove from heat and let peel stand in syrup 24 hours, at room temperature.

#### **DRYING**

- Place large metal cooling rack on newspaper, waxed paper or parchment paper to catch drips
- Lift peel from syrup with tongs and spread out on rack.
- Leave for 24 hours or until syrup has crystallised.
- Spread 1 cup sugar on a plate
- Top with a handful of peel then toss in the sugar until it's well coated. Add more sugar if necessary.
- Leave to dry 1 hour
- The peel will keep for 3 months in a well sealed container layered between pieces of wax paper or in glass jars with tightly fitted lids.

**THE LOVE:** Make sure you blanch 3 times to ensure no bitterness from the pith! The pith is the white stuff under the skin.