

# CANDIED CITRUS PEEL

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This recipe is very much in keeping with the spirit of Village Harvest... finding abundance in what you already have. This the best and easiest version we've tried. Candied citrus peel is great for baking hot cross buns and fruit cake. It's also good by itself as a candy or dipped in chocolate - yum!

## Ingredients:

6 – 10 large citrus fruits (orange, lemon,...)  
2 c. cane sugar  
1 ½ c. spring water  
½ c. light corn syrup

## Instructions:

1. Slice stem and blossom ends off citrus fruit. Without cutting into the flesh, with tip of paring knife, score citrus fruit peel into quarters. With fingers, pull off peel; reserve fruit for another use. (I usually slice for salad) Repeat with remaining fruit. (If using thick skinned citrus like pomelos or navel oranges, remove peel as above but pull and discard as much of the peel's thick white membrane as possible.
2. Cut citrus peels into strips about 1/2 inch wide and 2 to 3 inches long. Or, using 1 1/2-inch-long by 1-inch-wide cookie cutters, cut peel into decorative shapes. When using cookie cutters, place peel on a cutting t board and cut through the white side of peel; then, if necessary, use a rubber mallet or hammer to pound through peel.
3. In 5-quart saucepot, heat peels and enough cold water to cover to boiling over high heat. Boil 15 minutes. Drain peel and rinse. Repeat 2 more times to remove bitterness from peel.
4. In same pot, heat sugar, spring water, and corn syrup to boiling over high heat, stirring until sugar dissolves. Stir in peel and reheat to boiling. Reduce heat to medium and cook, stirring occasionally, until most of the syrup has been absorbed 45 to 55 minutes.
5. Arrange pieces of peel in single layer on wire racks set over trays or waxed paper. Let candied peel dry at room temperature, lightly covered with waxed paper for several days. Store candied peel with waxed paper between layers in airtight container in cool dry place.

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