



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

Candied Orange Peel

2 large oranges, 1/4 inch of top and bottom cut off

4 cups sugar, divided

3 cups water



1. Cut peel on each orange into 4 vertical segments. Remove each piece of peel including white pith in one piece. Cut each piece ¼ inch strips.
2. Cook strips of peel in large pot of boiling water 15 minutes; drain, rinse, and drain again.
3. Bring 3 cups sugar and 3 cups water to boil in medium saucepan over medium heat, stirring to dissolve sugar.
4. Add peel. Return to boil. Reduce heat; simmer until peel is very soft, about 45 minutes. Drain.
5. Allow to dry on a rack until cool. The peel should be tacky to allow sugar to adhere but not dissolve.
6. Toss peel and 1 cup sugar on rimmed baking sheet, separating strips.
7. Lift peel from sugar; transfer to sheet of foil or wax paper.
8. Let stand until coating is dry, 1 to 2 days. Store in airtight container.

Yield: Makes about 2 cups

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