



*"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 1/4 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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## Candied Ginger

- 1 cup fresh ginger
- 3 cups water
- 3 cups sugar

1. Peel ginger and slice into rounds about 1/8 inch thick.
2. Mix sugar and water in a large saucepan and bring to boil.
3. When sugar is dissolved, add ginger and boil for 45 minutes until tender. Drain ginger and reserve liquid.
4. Place ginger on rack to dry for 30 minutes. Separate the ginger pieces. Toss with sugar to coat and dry on wax paper.
5. Store in airtight container.
6. Yield: 1.5 cups

**Note:** You can reuse the syrup from making candied orange peel recipe for making a batch of the candied ginger. Simply add an additional cup of sugar and an additional cup of water to the syrup and process as below. (Doing the ginger first will give you too much ginger flavor in your orange peel)

