



Sparkle Kitchen

Candied Orange Peels

Ingredients

Oranges (or Satsumas)

Sugar

Water

Directions

Using a vegetable peeler or a sharp paring knife, peel the oranges. Try to get all the orange part of the peel, but as little of the white pith as possible. Add the orange peels to a saucepan, cover with cold water, and bring to a boil.

Once the peels are boiling, carefully pour out the water, reserving the peels. Repeat this boiling step—with fresh changes of water—three times. This will get rid of any remaining bitterness in the orange peels.

On the fourth time, add just enough water to cover the oranges. Whatever amount of water you add, double that amount to figure out how much sugar you need. For example, if you use 1 cup of water, use 2 cups of sugar. Add the sugar to the pot and bring to a boil again, stirring to dissolve the sugar.

Boil the orange peels in the sugar and water until the peels start to look translucent. Then, remove the peels to a piece of waxed paper or a baking rack. Let them dry for just a few minutes, then dip them in fresh sugar to coat. (I typically fill a tupperware bowl with sugar, add a few peels at a time, put the lid on, and shake.)

Leave the orange peels in a cool, dry place for a few hours. Once they're dry, they can be stored in the fridge for a month or more.

Enjoy!