

## **Candied peel**

### **Ingredients:**

- 6 oranges (or other citrus fruits)
- Equal weight of sugar and water
- Cinnamon, cloves, card or other spices (optional)



*We love the flavours of orange in any form and eat lots at all times of the year. This is a great way to use the peel to then use in cakes, biscuits and desserts, try with lemon, lime and grapefruit too! Each time we eat an orange we pop the peel into a bag in the freezer. When we have a good batch – maybe 500 g we candy it!*

### **Method:**

Cut the peel into thin slithers and cover with cold water, bring to the boil, drain and repeat two more times (this removes the bitterness of the pith)

Combine the sugar, water and spices in a wide saucepan, heat until the sugar has dissolved.

Lay the peel in the pan and make sure it is submerged. You can use a circle of baking paper and a plate to keep them submerged.

Slowly bring to simmer and cook for about an hour (checking regularly as they can catch and burn), they should be translucent.

You can either keep them in their syrup in a sterilised jar or we lay ours out on baking paper in a warm place for a few days until they dry (South of France is best!)

Then when they are no longer really sticky we toss them in sugar and keep in a clean jar. You can use any excess syrup to decorate your plates or over desserts.

If you plan to do this regularly then find a little canelle tool, which is very useful!!