

Candied Orange Peels Danielle West (Alisha Rushing)

3 naval or Valencia oranges

1 1/2 cup f sugar

3/4 cup of water

Rinse the oranges. Cut the top & bottom off each orange & score the skin into quarters. Remove skin & save oranges for another use. Cut skin into strips. Each about 1/4 in wide. Place the strips into a large saucepan & cover with cold water. Set on stove on high heat and bring a boil. Drain water and repeat action 2 more times. In a small bowl, whisk together sugar and water. Pour sugar water into medium saucepan & bring to a simmer. Cook for 8 to 9 minutes at a constant simmer. Add peel. Cook for 45 minutes to an hour at a constant simmer. Avoid stirring. (as it causes crystallization) Swirl pan, if necessary, to make sure all peels get covered in syrup. At the end the peels should be translucent. Drain any remaining syrup. There will probably only be a tbs or 2 left. Let peels dry 4 to 5 hours. Store in an airtight container.