



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

Preserving Citrus Peel



Candied Orange Peel

Ingredients

2 large oranges, 1/4 inch of top and bottom cut off
4 cups sugar, divided
3 cups water

Cut peel on each orange into 4 vertical segments. Remove each segment (including white pith) in 1 piece. Cut into 1/4-inch-wide strips. Cook in large pot of boiling water 15 minutes; drain, rinse, and drain again.

Bring 3 cups sugar and 3 cups water to boil in medium saucepan over medium heat, stirring to dissolve sugar. Add peel. Return to boil. Reduce heat; simmer until peel is very soft, about 45 minutes. Drain. Allow to dry on a rack until cool. The peel should be tacky to allow sugar to adhere but not dissolve.

Toss peel and 1 cup sugar on rimmed baking sheet, separating strips. Lift peel from sugar; transfer to sheet of foil or wax paper. Let stand until coating is dry, 1 to 2 days. Store in airtight container.

Dried Lemon or Orange Peel

Wash citrus in hot water. Quarter lengthwise and remove fruit. Scrape and discard white membrane from inside of peel. Cut into small strips. No pretreatment is necessary.

Dehydrator: Spread pieces of peeling on trays and dry at 115°F, 6-8 hours, until crisp. Stir occasionally.

Sun: Spread pieces of peeling on trays in full sun in a well-ventilated place, stirring occasionally. Dry until crisp (approximately 1 day if weather is good).

Oven: Spread pieces of peeling on trays. Dry at 115°F, stirring occasionally, until peel is crisp (8-12 hours).

Notes:

½ teaspoon dried peel = 1 Tablespoon fresh

Use in cakes, cookies, pies, breads, frosting, poultry seasoning and salad dressing.

Grate by running through a blender or food mill. Store in small bottles in a cool, dark, dry place.

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