

CANDIED ORANGE PEELS



INGREDIENTS

Orange peels
Simple Syrup
Sugar

DIRECTIONS

Cut orange peels in strips. It is easiest to cut the top and bottom off and then score the peel with a sharp knife into 1 inch strips and then peel the strip off and cut into thinner strips.

Boil orange peel strips in water for 45 minutes in a non-reactive pot.

Drain and boil in simple syrup for another 30 minutes in a non-reactive pot.

Drain reserving the syrup to add to tea or other items as its delicious!

Toss a few strips at a time in sugar and lay out on parchment or wax paper for a few hours.

