

CANDIED CITRUS PEEL

Harvey's recipe for candied citrus peel

INGREDIENTS

2 cups peel from navel oranges or grapefruit, trimmed of any brown spots and cut into 1/4-inch-wide strips (do not remove pith, or white part)
1-1/2 cups granulated sugar, divided
1/2 cup water

DIRECTIONS

1. Place peel in a medium saucepan. Add water to cover peel by about 2 inches. Do not cover pan. Bring to a simmer over medium heat. Simmer 30 minutes, stirring occasionally. Drain peel into a colander. Return peel to pan and again cover peel with water by about 2 inches. Do not cover pan.
2. Bring to a full boil and then drain peel into a colander. Repeat three times. Lay a towel on a counter or tray and spread peel on towel in one layer.
3. Stir together 1/2 cup water and 1 cup of the sugar, in a medium saucepan over medium heat. Stir frequently until liquid begins to boil. Cover tightly and boil three minutes.
4. Remove lid and stir in peel, mixing well. Lower heat so mixture simmers. Maintain a gentle bubbling until grapefruit peel is completely transparent (approximately 25 to 30 minutes) and edges of orange peel are transparent (approximately 30 to 40 minutes). Stir mixture occasionally the first 5 minutes of cooking; then leave undisturbed except to poke down peels that rise above the liquid. Check frequently, adjusting burner temperature as necessary to maintain a gentle simmer.
5. Meanwhile, line a baking sheet or tray with waxed paper. Place a baking rack on top and set near the stove. When peel is done, remove pan from burner and lift out peel with tongs. Spread it out on the rack to drain for about 5 minutes.
6. Toss peel in remaining 1/2 cup sugar to coat and place in a single layer on a rimmed baking pan. Or, for very evenly coated candy, place six or seven peels (spread apart) in a wire mesh basket. Place basket over a wide bowl and pour sugar over, shaking basket as you pour. Pour remaining sugar back over peel. Unstick peels from basket as you work. Repeat until peel is evenly coated. Dump peel from basket onto wax paper. Handle as little as possible to avoid knocking off sugar. Allow peel to dry for at least 4 hours before packaging. When thoroughly dry, store peels between waxed paper in a tightly sealed container.
7. Makes 2+ cups.

NOTES

Do not try to make this in wet or humid weather. Granddaddy was a chemist, so his recipes are incredibly good and incredibly precise.