

# CANDIED PEEL



## Rosie's Preserving School

PRESERVING PRESERVING

### Equipment List

Large pan: jam pan or large saucepan

Wooden spoon

Sharp knife

Chopping board

Measuring jug

Scales

The recipe makes – however much peel you have!

This recipe seems like a bit of a faff in this day and age but I promise you that the end result is very much worth the minimal effort

It is very versatile and makes great gift

*Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!*

*Rosie*



## Ingredients

Citrus fruits – orange, lemon, pomelo – single or a mixture – the equivalent of four large oranges

White granulated sugar

Caster sugar

25g/1 oz

## Method

Start by taking the peel from the oranges in quarters – cut right round the orange from stalk to stalk, then again at right angles to the first cut

Take off the peel, then weigh the total amount together. Prepare the same weight in granulated sugar but do not add at this stage

Put peel in a saucepan, cover with water and cook gently for 45 mins – 1 hour until tender but still firm.

Change the water twice during the cooking time

Drain and put back into the pan with the sugar

Just cover with water, place over a low heat and stir to dissolve sugar

Bring to the boil then simmer gently for around 40–45 mins until the syrup is almost used up and the peel is translucent

Lift the peel out of the pan and spread onto silicone paper set on wire trays

Leave to dry for 24 hours at room temperature or place in a very low oven –at 60 deg C or Gas Mark for 2–3 hours

Place the caster sugar into a small bowl and dip each piece of peel to coat

Store in airtight jar for up to six months

For more delicious recipes and inspiration visit  
<https://recipes.rosiemakesjam.com>