

Candied Citrus Peel

Swick

Makes 12 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

To make sure the peel doesn't get bitter, cut with a vegetable peeler so you only have the zest or surface of the skin without any of the white pith underneath and blanch it in boiling water.

Preparing and blanching the zest strips

In a medium saucepan, bring 2 cups of water to a boil over high heat.

Using a vegetable peeler, peel strips of zest from the citrus. Add the strips to the boiling water and blanch for 15 seconds. Drain.

Step 1: Preparing and blanching the zest strips

- 4 pieces of assorted citrus (orange, grapefruit, lemon, lime)

Step 2: Cooking the strips in syrup

- ½ cup granulated sugar
- ¾ cup water

Return the blanched peel to the same saucepan and add the sugar and water for the syrup. Bring to a boil. Once it comes to a boil, continue to cook until the syrup reaches 250°F or hard-ball stage, 9 to 10 minutes.

Step 3: Dipping in sugar and chocolate (optional)

- 1 cup granulated sugar, for coating the zest
- Dark, milk or white chocolate, melted for dipping, optional

Meanwhile, spread the cup of sugar in a shallow dish or plate. Using a fork, carefully remove the peel from the syrup and press into the sugar in the dish. Turn each peel two or three times with the fork, pressing into more sugar. Use your fingers to press in even more sugar. Transfer the saturated peels to a baking sheet to dry, 15 to 30 minutes.

For an added garnish, you can dip the ends of some of the peel into melted chocolate. Set the dipped peel on a baking sheet lined with nonstick foil and refrigerate until set, 20 to 30 minutes.

Step 4: Serving and storing

Transfer to an airtight container and store in the refrigerator.