

Candied citrus peel

Food & Wine, December 1993, pp. 86-87

Makes about 4 cups (1/2 pound)

2 large pink grapefruits or 3 large oranges or 6 large lemons
2 cups sugar



Photography: Henri T. de Hahn

1. Using a small sharp knife, make 4 lengthwise incisions as if to quarter the fruit, cutting only as deep as the peel. Remove the peel (including the white pith) in 4 pieces. Save the fruit for another use. Cut the peel into strips about 2 inches long and ¼ inch wide. (HdeH: use peels from making juice).
2. In a heavy, medium, nonreactive saucepan, combine the peels with 2 quarts of water. Bring to a boil and cook over moderated heat for 8 minutes; drain. Repeat the process 2 more times to remove the bitterness of the white pith and soften the peel. Set the peel aside.
3. Add 1 ½ cups of the sugar and 1 cup of water to the saucepan and bring to a boil over moderate heat, stirring to dissolve the sugar. Add the strips of peel and cook, stirring occasionally, until almost all the syrup has been absorbed, about 45 minutes.
4. Drain off the syrup and spread the peel on racks until almost dry, about 1 hour. (If the weather is very humid, dry the peel for another hour in a 200F oven.)
5. Place the remaining ½ cup sugar in a paper bag, add the peel and gently toss. Spread the peel on sheets of wax paper to dry. (The peel will keep in airtight containers at cool room temperature for up to 1 month.)