

CANDIED CITRUS PEEL^{©10}

2.20 lbs. (1.0 kilo) (small batch 1.10 lbs.) of any one kind of citrus fruit peel listed below:

- **Chinese grapefruit**— (pummelo is the easiest and quickest of all fruit to candy with a great flavor that is cross between grapefruit and lime in taste but without the acidity) Japanese call it “Buntan”
- **Lemons**— (only if they have extremely thick skins or are Meyer Lemons)
- **Limes**— (only if they have unusually thick skin)
- **Grapefruit**— the thicker skinned, large pores and light in weight fruit works best (get a mixture of pink and yellow if available)
- **Oranges**— those considered the poorest quality, with very un-even thick skins and light weight are the best for this purpose, also the use of **Blood Oranges** can be interesting for color.

Do not mix different kinds of fruit peel together when processing because each fruit peel requires different cooking times.

Do not process the fruit in any way before removing the peel.

NOTE: Always select fruit for the thick looking peel, which are those usually that are light in weight with large bumpy pours and the thick skin.

CLEANSING WATER BATH (just like a salty pasta water)

Water	8.00 lbs.	3628 grams
Salt	0.09 lb.	41 grams

- In a large stainless steel pot bring salted water to a rolling boil.

SIMPLE SYRUP for candied citrus peel

				small batch
Water	4.80 lbs.	2177 grams	40%	2.40 lbs.
Sugar	7.20lbs.	3266 grams	60%	3.60 lbs.

- (Normally a small amount of either lemon juice, cream of tartar or glucose would be added to the sugar mixture to cut down on sugar’s ability to crystallize.)
- This step is not necessary for this application since citrus will be added in the candy making process.

METHOD

- Cut peel off the fruit leaving as much of the **pith** (the white part) attached to the skin as possible. If the skin/pith is thicker than 1/4th inch, slice horizontally through the pith to make thinner layers before slicing into strips and squares.
- Cut peel into ¼ to 1/8th” (0.5 cm) or thinner strips, cut again into small squares.

Reserve the fruit for other uses.

- **While peeling and cutting fruit peel into desired shapes, make simple syrup and start salted water for water bath.**
- Boil together the water and sugar until it reaches the sticky and slightly syrup stage which can take as long as **35 minutes depending on the altitude.**
- When making simple syrup, stir only until sugar crystals are dissolved, stop stirring at this point. **Do not stir again.**
- Wash down sides of pan frequently with a pastry brush dipped in cold water to cut down the possibility of crystallization **or** place the lid on the pot which will cause the sides of the pot to sweat and automatically wash down the sides.

- When done, simple syrup will be light golden in color and a thin syrup consistency.

Set aside and keep warm.

- Simple syrup can be made ahead, warmed when needed.
- First step is the cleansing water bath. Place cubed peel in pot of boiling salt water.
- Return water to a boil, **as soon as** water boils, immediately remove pot from heat, drain peel.

NOTE: (Overcooking at this point will create a finished peel with a mushy consistency. Under cooking will create a hard finished product, that is un-usable.)

- Return peel to pot, ladle enough hot simple syrup to cover.
- Simmer gently, for approximately **20 TO 30 minutes depending on the kind of peel being candied**, at this point the peel will start to turn translucent but this will not be evident while it is in the simple syrup solution.
- Use a slotted spoon or a long handled sieve to test for doneness.
- To test for doneness, lift a spoon full of the peel out of the simmering liquid, let the sugar syrup drain off for a minute or so.
- If an even translucency is achieved, drain all the peel in a colander.
- **Do not reserve this first syrup bath because it will be very bitter tasting and has no further use.**
- Return peel to pot, again ladle enough simple syrup over peel to not only cover a little but slightly float..
- Simmer (do not boil) until peel is clear and looks like transparent jewels when held up out of the syrup for about a minute. This step can take up to 35 minutes.
- Drain simple syrup into a container and reserve for later use. (Such as adding to apricot glaze or glazing layers of cakes when assembling or whenever simple syrup is required.)
- Pour hot candied peel out on lightly oiled sheet pan, silpat or a parchment lined baking sheet.

ADDITIONAL INGREDIENTS & techniques

Powdered Sugar for dusting when tumbling and drying finished peel.

- **Dust with regular powdered sugar.**
- Scatter peel evenly on lightly oiled pan to dry and cool. After **10 minutes**, tumble peel and dust again with powdered sugar.
- **Air dry for 1 to 2 hours before packaging.**
- **Previously made peel can and should be added to the new peel at this point.**
- A slight white "bloom" on the peel is desirable when well dried.
- The peel can be used up to 1 year if kept under refrigeration or frozen.
- It is not necessary to refrigerate if used within 1 week and kept in cool, **dry** place.