

Orange Peel, Candied

Skórka pomarańczowa w syropie

The recipe for candied orange peel that can be used as a glaze ingredient for baked sweet breads, cakes etc., as well as for Polish donuts (pączki). It can also be used for making Polish Easter Mazurek (a shortbread flat pastry covered with a layer of chocolate ganache, thick jam, kajmak (dulce de leche) or other toppings. It can also be added to sweet yeast breads to enhance their flavour.

Recipe

Ingredients

Orange Peel	Approx. 1 kg. It can be collected over time and dried, but make sure it does not have mold
Sugar	Approx. 1 kg per 1 kg of peel. See Note 1 .
Water	As needed for syrup, enough to dissolve all sugar when hot.
Honey	Approximately 4-5 tbsp, rounded. See note 4 .

Preparation:

1. Peel the oranges, and if the rind is very thick with a lot of white (albedo) you may “fillet” it removing part of the albedo, I usually leave it all on, and just add another step of boiling and discarding water until the water is no longer very bitter. This way the yield is better.
2. Soak the orange peel overnight in cold water. Discard water.
3. Cover with fresh water and bring to a slow boil for 30 minutes. If the water tastes very bitter, discard it, and repeat this step.
4. Continue boiling until the peel is soft.
5. Drain the peel on a colander and rinse it with cold water. Leave it for some time to let it dry a little.
6. In a pot prepare hot syrup (enough to cover the peel) and add the peel.
7. Bring to a gentle boil for 25-30 minutes. Take it off the burner and allow it to cool.
8. Repeat step 7 two to three times (may be on consecutive days). During last boiling add honey.
9. Once cooled after final boiling, transfer to a storage container or jar.
10. If you want to store it for extended time you may pasteurize the jar. For shorter time, keep it in a fridge.

Notes

1. It may be best to start with less concentrated syrup, as some of water will evaporate during boiling. The goal is to have the peel in syrup that did not crystallize (a little crystallization is OK).
2. You may store just the peel, but I find that the syrup has a lot of aroma and can be used in baking.
3. You may dice the peel right after preparation or at the time of use. I find the latter makes it easier to separate the peel from any sugar crystals formed, if any. With added honey (see the next note), sugar crystallization is minimal even on long storage.

4. My Mad Scientist's trick: Adding glucose to sugar when making hard candies prevents the hardened sugars from forming crystals, therefore they remain almost transparent (sugar glass). The same trick works when making candied orange peel. I used honey, as it is mostly glucose. Corn syrup is another option. The result is that the syrup even if very viscous has almost no tendency to crystallize.

Appendix

Original family recipe (in Polish):

