

Candied Citrus Peel

Yield: about 2 pints

Peels, including pith, from 6 oranges or other thick-skinned citrus fruit
1 cup water, plus more for boiling peels
5 cups sugar
1 vanilla bean

1. Cut the peels into 1/4-inch strips. Cover the peels with cold water in a large nonreactive saucepan and bring to a boil, stirring to ensure that all of the peels are heated through. Strain and repeat two more times to remove the bitter flavor from the pith and to soften the peels. After the third round, set aside the peels to drain while you make the syrup.
2. Bring 1 cup water to a boil and gradually add 4 cups of the sugar, stirring to dissolve. Add the peels and the vanilla bean. Return to a boil, and then reduce to a simmer, cooking gently until the peels are translucent and tender, about 1 hour.
3. Using tongs, remove the peels to a drying rack placed over a baking sheet and separate them so they don't touch. Let drain, and then dry for 4 to 5 hours.
4. When quite dry but still tacky, roll the peels in the remaining 1 cup sugar to coat.
5. Peels keep, stored in an airtight container, for up to 1 month.

Source: Put 'em Up!