



Candied Orange Peels with spiced orange simple syrup

Use the Spiced Orange Simple Syrup wherever you'd use simple syrup.

Makes about 60 peels & 3 cups syrup
Total time: 1¹/₄ hours + drying

- 3 large navel or Valencia oranges
- 3 cups water
- 4 cups sugar, divided
- 6 whole allspice

Cut orange peels vertically with a vegetable peeler or channel knife into strips (trying not to cut into the white pith). Transfer peels to a saucepan; cover with water, bring to boil, and cook 1 minute. Drain peels and rinse under cold water. Repeat boiling, draining, and rinsing two more times.

Boil 3 cups water and 3 cups sugar in a saucepan over medium-high heat, stirring to dissolve sugar, about 5 minutes. Add peels and allspice; return to a boil. Reduce heat to medium-low; simmer peels until very soft and translucent, 1 hour. Drain peels, reserve syrup, and discard allspice.

Toss peels with remaining 1 cup sugar, then transfer to a cooling rack to dry, 12–24 hours.

Per peel: 10 cal; 0g total fat (0g sat); 0mg chol; 0mg sodium; 3g carb; 0g fiber; 0g protein