

Candied Orange Peels

Cuisine: **German**
Food category: **Vegetarian dishes**



Author: **Janine Kühn**

Company: **Retigo DE**



Program steps

1

 Hot air

 0 %

 Termination by time

 08:00
hh:mm

 40 °C

 50 %



Ingredients - number of portions - 20		
Name	Value	Unit
Oranges	12	pcs
sugar	1	kg
Water	300	ml
dark chocolate	300	g

Nutrition and allergens	
Allergens: Contains soy and milk derivatives	
Minerals: Iron, Magnesium, Zinc	
Vitamins: Vitamin B2, Vitamin E	
Nutritional value of one portion	Value
Energy	281.4 kJ
Carbohydrate	59.2 g
Fat	4.7 g
Protein	1.1 g
Water	0.2 g

Directions

Peel the oranges by cutting off the top and bottom, then score the peel and remove it in wide strips. Cut the peel into strips about 1-2 cm wide. Next, the orange peels are boiled 3-4 times in cold and fresh water: fill a pot with water, add the peels and bring to a boil. Drain the water, refill with fresh water, and bring to a boil again. Repeat the process 3-4 times.

Then, wash the peels thoroughly under cold water. Mix 800g sugar with 300 ml water and bring to a boil until the sugar is completely dissolved. Add the orange peels and let simmer covered over medium heat for about 45 minutes.

Next, strain the syrup and collect it for further use.

Now place the peels on a combination basket and dry at 40 °C in hot air mode with the ventilation flap fully open for about 6-8 hours.

Remove the dried peels, brush them with a little syrup, and roll them in the remaining sugar. Depending on preference, they can also be dipped in melted dark chocolate.

This special recipe is of course ideal for the full utilization of the fruit, especially if you need the pulp for another dish.



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