Orange Peel Candy

From Nicole Woltron’s kitchen

In English we have a saying, „ If life hands you lemons, you make lemonade.” Well, perhaps, we are not in the easiest of times with Corona but we can find a way to make new paths and embrace the creativity. Each minute with your kiddos is a gift and I think I can speak for the staff at the house when I say that we miss seeing their shiny, happy faces daily.

I always enjoyed baking, cooking and creating food with the kids in the different kindergarten groups. Sometimes we had some flops but we still taste-tested our work and the process was half the fun.

While at home, I thought how can I find an alternative to gummi candy without becoming too addicted to Haribo candy. So I looked on the internet like many of you in the last weeks looking for something to try. Here is a cooking “experiment” where you can have the kids help with cleaning up the peels from oranges, try to work knife skills, and stir the sugar syrup. Mom or dad should be present the activity since kids need support with knife cutting etc. I would also advise that mom or dad do the pouring off since the sugar syrup with concoction is extremely hot and not advisable for the kids. However, the kids can taste test the results 2 days later after the candy dries.

A few tips:

I would only make this if you have family members who like sour or orange flavored foods. ☺ Otherwise, it would be a waste of all that sugar. Also, I dried the peels in the sunlight with a cloth to keep gnats away. My concoction held about a week and a half in a tight container. Then, perhaps because the seal wasn’t good enough or because I did not use any preservative ingredients, mold developed and so I had to throw a small remainder out.

Initially, I kept the syrup to add to mineral water or for an adult cocktail but I changed my mind because the taste did not agree with me. But perhaps, someone else would like to try because the pour off liquid is basically an orange-flavored simple syrup. ☺

Here’s the recipe that I used but feel free to find another one on the internet that you prefer.

<https://www.epicurious.com/recipes/food/views/simple-candied-orange-peel-350798>

