

# Candied Lemon Peel Recipe

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Prep. time : 15 minutes

Cook time : 20-30 minutes

Ready in 45 minutes plus drying

Level : Basic

## Ingredients:

- Lemon peel julienne 100g (3.5oz)
- Water 1l (4cups)
- Salt 4g (1Tsp)
- Sugar 250g (8.8oz) plus extra for coating
- Glucose syrup 50g (1.8oz)

## Directions

1. Slice the peel in thin stripes, the professional way to say that is “cut it julienne [ˌdʒuːlɪˈɛn]”. Leave the white part of the skin this time!
2. Fill a saucepan with 500g (2cups) of water, add a teaspoon of salt and lemon peel and bring the mixture to a boil. Cook for a couple of minutes, strain and discard the water. This process is called blanching.
3. Make syrup out of 500g (2cups) of water and 250g (8.8oz) of sugar. When the syrup boils, add glucose syrup and lemon peel and cook on a low heat until the peel becomes tender.
4. Drain the peel until all the excess syrup drips off. Roll strips in granulated sugar, which will make them more appealing and it will also prevent the strips from sticking to one another. Leave them at room temperature for a couple of hours and store them in an airtight container.