Candied Orange (Citrus) Peel

http://userealbutter.com/2007/10/09/candied-orange-peels-recipe/

4 oranges, peel of (or any thick skinned orange)
3 cups sugar
1 cup water
1 cup sugar for rolling or
8 oz. chocolate for dipping

You can harvest the peel in many ways. Here are two I recommend: 1) Cut the oranges in half and juice them. Cut each half in half again and take a spoon to scrape the pulp out, leaving a clean pith. 2) Lop off the top and bottom of each orange (think of removing the polar caps where the stem and opposite end are) just to the fruit. Score the orange peel like lines of longitude every 60 degrees. Peel the orange and clean the inside of the peel with a spoon. (I generally don't like to remove too much pith.)

Cut peel into 1/4 inch strips. Place peels in a large saucepan and cover with cold water. Heat on high until water comes to a boil. Pour off the water. Repeat twice more. Combine sugar and water in the saucepan and bring to boil over high heat until temperature reaches 230°F. Add peel and reduce heat to simmer. Simmer until peels are translucent (30 minutes or longer – 75 minutes at my 8500 ft. elevation). Remove peels from syrup and roll in sugar if desired, and set on rack to dry for 4-5 hours (well, I dry for 2 days and more humid regions will require more time). Once the peel is dry, you can dip in tempered dark chocolate – shake off excess, and place on foil, wax paper, or baking sheet to dry. Store in a tupperware, or if not chocolate dipped, store in sugar or as is.