

DIY CANDIED ORANGE PEEL Q&A WITH MARIO BATALI OUR FAVORITE HOME BAR CARTS

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**mix it up** DIY candied orange peels make a delicious holiday gift and garnish.

# Sunny Delight

If you think the only edible part of an orange is its pulpy flesh, then it's time to try candied orange peel. On its own, the rind is bracingly bitter, but as a confection, the peel transforms into little gems of deliciousness. Traditional methods call for blanching the peels in water, but this recipe from Plinio Sandalio, pastry chef at Austin's Second Bar + Kitchen, steeps the strips in three separate simple syrups, creating addictively delicious, sugar-coated treats. Package them up in tins for DIY holiday gifts, set them out for seasonal snacking or use them to dress up wintry cocktails like the Culling Royale from Second's bartenders William Hankey and Scott Walker.

Story by Tracy Howard  
Photos by Stuart Mullenberg

## Culling Royale

1 ½ oz. Averna  
1½ oz. Carpano Antica  
½ oz. orgeat  
½ oz. fresh orange juice  
¼ oz. fresh lemon juice  
1 heavy pinch of rosemary salt (Hankey and Walker use Eatwell Farm's version from California, [eatwell.com](http://eatwell.com))  
Ice cubes and crushed ice

Tools: shaker, strainer  
Glass: highball  
Garnish: candied orange peel

Combine liquid ingredients, salt and ice cubes and shake. Strain into a highball filled with crushed ice. Garnish.

*William Hankey & Scott Walker*  
Second Bar + Kitchen, Austin, Texas

### Ingredients

6 cups granulated sugar  
6 cups water  
4 navel oranges, washed and cut horizontally  
2 cups superfine or granulated sugar

### Tools

Sharp, non-serrated knife  
3 medium-sized saucepans  
Large bowl  
Slotted spoon  
Non-stick baking tray or a traditional tray lined with a non-stick mat  
Decorative tin



1

Cut the top and bottom off the oranges with a sharp, non-serrated knife. Score the peel in quarters from top to bottom. Remove the peel and cut lengthwise into ¼-inch strips.



2

Add two cups of water and two cups of granulated sugar to each of three separate saucepans. Bring first saucepan to a boil. While you're waiting for the sugar-water mixture to boil, fill a large bowl with ice water.



3

Blanch peels in the first boiling syrup for 5 minutes while bringing second syrup to a boil. With a slotted spoon, remove peels and shock them in an ice bath. Discard syrup. Repeat this step with second boiling syrup, and bring third syrup to a boil as you blanch in the second syrup.



**tip** >>

Use organic oranges if you can find them, since you'll be eating the outside rind. Also, don't crowd the sugar bowl when coating the peels—tossing about a half-dozen at a time will allow each one to get an even coat.



**4**

Blanch the orange peels in the third boiling syrup for 10 minutes, remove with a slotted spoon and gently roll in 1 cup of superfine sugar. Discard sugar.



**5**

Lay the sugar-rolled peels on a non-stick baking sheet or a sheet pan lined with a non-stick mat. Bake in an oven preheated to 175 degrees F for 2 hours. Remove from oven and let cool overnight.



**6**

Gently roll the dried, candied peels in the remaining cup of superfine sugar to coat. Layer over strips of wax paper in a decorative tin and store at room temperature for up to 2 weeks.