



## Candied Orange Sticks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon plus
- ☐ 7 ounces chocolate dark good
- ☐ 2.5 cups granulated sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

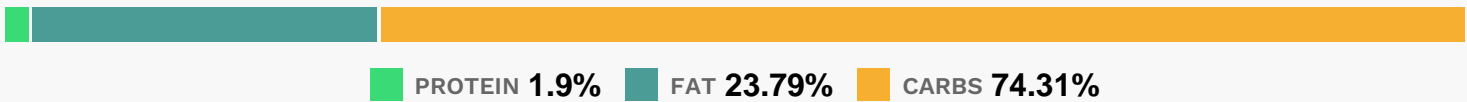
- ☐ wire rack
- ☐ wooden spoon
- ☐ tongs

## Directions

- ☐ Scrub the oranges, then remove the peel in quarters. To do this, cut through the peel with a sharp knife, going right around the orange, starting and finishing at the stem end, then repeat at a right angle to the first cut.
- ☐ Remove the peel, with the attached pith, from the fruit. Weigh out 9 ounces of peel and cut it into slices measuring about 1/4 by 2 inches.
- ☐ Put the orange peel slices into a large pan and cover with 8 cups of cold water. Bring to a boil and simmer for 5 minutes.
- ☐ Drain and return to the pan with 4 cups of cold water. Bring to a boil and simmer, covered, for 45 minutes.
- ☐ Add the sugar and stir until dissolved (it won't take long). Simmer, covered, for 30 minutes.
- ☐ Remove from the heat and let stand for 24 hours.
- ☐ Bring the pan to a boil again.
- ☐ Add the corn syrup, if using, and boil gently, uncovered, for 30 minutes, or until all the liquid has evaporated and the orange sticks are coated with bubbling orange syrup.
- ☐ Remove from the heat and allow to cool. Using a pair of tongs (or your fingers), carefully remove the orange sticks and place on a wire rack with a tray underneath to catch the drips. Leave in a warm place for 24 hours, or place in a very low oven at approximately 140°F for 2 to 3 hours to dry.
- ☐ Break the chocolate into pieces, put into a heatproof bowl over a pan of simmering water, and leave until melted.
- ☐ Remove from the heat. Dip one half of each orange stick in the melted chocolate and place on a sheet of parchment or waxed paper to dry.
- ☐ Before dipping, the sticks will keep well for 3 to 4 months. Once they have their chocolate coating, they are best eaten within 3 weeks.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

☐ The River Cottage Preserves Handbook by Pam Corbin. Pam Corbin has been making preserves for as long as she can remember, and for more than twenty years her passion has been her business. Pam and her husband, Hugh, moved to Devon where they bought an old pig farm and converted it into a small jam factory. Using only wholesome, seasonal ingredients, their products soon became firm favorites with jam-lovers the world over. Pam has now hung up her professional wooden spoon but continues to "jam" at home. She also works closely with the River Cottage team, making seasonal goodies using fruit, vegetables, herbs, and flowers from her own garden, and from the fields and hedgerows.

## Nutrition Facts



### Properties

Glycemic Index:1.12, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:0.41956522121378%

### Nutrients (% of daily need)

Calories: 31.74kcal (1.59%), Fat: 0.86g (1.33%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.84g (2.12%), Sugar: 5.64g (6.26%), Cholesterol: 0.06mg (0.02%), Sodium: 0.58mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Manganese: 0.04mg (1.94%), Copper: 0.04mg (1.77%), Iron: 0.24mg (1.33%), Magnesium: 4.53mg (1.13%)