

5+ WAYS WITH CITRUS PEELS

Source: Executive Chef/Manager Paul Lieggi, Mt. Angel Abbey

CITRUS EXTRACT: If you have a juicer, here's how to make fresh, concentrated, alcohol-free citrus "extract." First: Wash, peel, and juice your oranges (or any citrus). Enjoy this juice as a healthy, natural beverage. Next: Before cleaning and putting away your juicer, juice all your citrus peels separately. This extract, which can be enjoyed fresh or frozen, is pure and natural and can be used for so many things it may blow your mind. Here are just a few ideas: Baking, frostings, added to an apple "bath" (to prevent browning), vinaigrettes, marinades, glazes, and citrus salts (just grind peels and salt in a spice grinder). Peels from 20 oranges yield ~ 3 ounces of extract.

CITRUS GUMMIES: Cut peels to your desired shapes and sizes and place in a heavy-bottomed saucepan. Add sugar (raw sugar is great) to cover. Then, cover with enough water just until it looks like wet sand. Turn heat on medium-high and stir until sugar is dissolved. Reduce heat to low and simmer until peelings are translucent. Pour off the sugar syrup through a strainer — save the syrup for baking or another use (drinks!) and place the peels on a cooling rack.

CANDIED PEELS: Toss the gummies in sugar, place back on the cooling rack, and bake in a warm (180°F-200°F) oven until dry (30 to 45 minutes). Use for garnishing, dipping in chocolate, etc.

CITRUS-INFUSED SEAFOOD OR POULTRY: If you don't want to take the time to make candy, take the fresh peels and smother your favorite seafood filet or poultry just before baking them in the oven for a sweet citrus flavor essence.

NON-CULINARY USES: What's that? You don't eat seafood or poultry? Dry your peels out with a heat source—you can even use the sun! After they are completely dry, grind them in your food processor and use the ground meal as a snail/slug deterrent in the garden, or spread it around your car's floor before vacuuming it out.

