

## Cedro candito

### Candied citron

Citrons are ideal for candying, as they have a much thicker peel than lemons or oranges. Ours come fresh each time from the organic grower on the Amalfi coast, almost the size of a football and over 1 kg in weight!

Ask your greengrocer whether he can get hold of some for you. The season runs roughly from December to April.

**And this is how it works:**

- 1 Cut the fruit **lengthwise** into quarters, remove the juice sections and membranes.
- 2 Put the peels into a pan of cold, lightly salted water, bring to the boil and drain; repeat this procedure twice more, i.e. bring to the boil three times in all.
- 3 Weigh the drained peels. Add the same weight of sugar and the same amount of water. The amount of water depends greatly on the quantity. The larger the amount of citron, the less water. When we candy four whole citrons, half the water is enough.
- 4 Bring it all to the boil and leave it to stand for 24 hours.
- 5 Candying: let it bubble gently over a low heat for about 1 to 1.5 hours. It must not caramelise, i.e. the sugar must not turn brown! Keep an eye on it, stir. With us the water does not boil away completely, so we pour the whole thing into the pasta colander. Drain well and spread out on a rack. Leave it to dry in the air; the more draught, the better. Turn the peels over now and then.
- 6 To be on the safe side we keep them in the freezer. But in a screw-top jar in the fridge you have them ready to hand to flavour your next cake, or to lift a raw cabbage salad or some beetroot. Tastes fabulous.
- 7 Of course you can use the same method for lemons or oranges too. Delicious – no comparison with the bought products.

