Candied Orange Peel Recipe   
Ingredients

1. ripe oranges (Navel will do just fine)
2. cups sugar
3. cups water

DIRECTIONS

1. Using a channel knife, shred long strips of orange peel.
2. Place strips in a medium saucepan. Cover with cold water, and bring to a boil over medium heat. Drain.
3. Place sugar in a clean saucepan with 1 1/2 cups water; stir to combine. Bring to a boil over medium heat, stirring occasionally, until sugar has dissolved, about 3 minutes. Add the citrus strips to the boiling syrup; reduce heat, and simmer until strips are translucent, about 12 minutes. Remove from heat; let strips cool in syrup, at least 1 hour. Remove from syrup when ready to use.