


Helergon Kitchen

# Dried Orange Slices With Honey & Juniper

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| **15 min**<br>Prep time | **6 h**<br>Cook time | **6 h 15 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 large navel oranges, thinly sliced
- [ ] 1/3 cup honey
- [ ] 1 tsp crushed juniper berries
- [ ] 1 tbsp lemon juice
- [ ] Pinch of sea salt

### Optional Garnish

- [ ] 1 tsp finely chopped dried rosemary

## Instructions

1. Wash the oranges, then slice them about 1/8 inch thick. Pat the slices dry with a clean towel.
2. In a small saucepan, combine honey, lemon juice, and crushed juniper. Warm over low heat just until it becomes a thin syrup, stirring gently.
3. Lay the orange slices on a parchment-lined baking sheet. Brush each slice lightly with the honey-juniper glaze.
4. Place the tray in a pre-heated oven set to its lowest setting (around 150°F/65°C). Prop the oven door open with a wooden spoon to allow moisture to escape.
5. Dry the slices for 4-6 hours, turning them halfway through, until they are pliable and lightly amber.
6. Remove from the oven, let cool, then sprinkle with a pinch of sea salt and optional rosemary if using.
7. Store the dried slices in an airtight jar. Enjoy as a snack, garnish, or garnish for desserts like orange loaf cake.

### Nutrition per serving

| 120 kcal | 1 g | 30 g | 0 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If slices stick to the parchment, use a silicone mat instead.
- A very thin glaze prevents sogginess; too much honey can make the pieces sticky.
- For a brighter flavor, add a zest of lemon to the glaze.