



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

QUICK LEMON CURD

Yield: 3 - 8-ounce jars or 6 – 4-ounce jars
4 to 5 teaspoons grated lemon peel
 $\frac{2}{3}$ cups fresh lemon juice or bottled or frozen juice (fresh is best)
5 eggs
1 cup sugar
 $\frac{1}{2}$ cup butter, melted (1 stick), (do not substitute margarine)



In a blender container, combine the first four ingredients; whirl until smooth.

With the motor at the lowest setting, gradually add the melted butter, pouring in a steady stream. Continue blending just until well mixed. Transfer mixture to a small heavy pan and cook over low to medium heat, stirring constantly, for about 5 minutes or until mixture bubbles and begins to thicken. Cook a minute or two longer stirring constantly. Remove from the heat. Ladle into clean jars or freezer containers. Fill to $\frac{1}{2}$ inch from the top. Cool slightly. If freezing, place lids on the jars loosely, until the product is frozen to allow for expansion. Place in the freezer or refrigerator. Jars can be stored in the refrigerator for about 4 weeks. Frozen Lemon Curd is best if used within 6 months.

NOTE: Egg substitutes may be used instead of eggs, as can lower-fat butter products. However, quality may differ slightly with the substitutions. You can use other citrus fruits by substituting the zest and juice to make curd. Lime Curd is delicious! Orange and grapefruit curd quality depends upon tartness of the fruit.

More Things to do with Extra Lemons: Freezing lemon juice and grated rind or lemon zest are probably the easiest ways to preserve lemons for use at a later time. Grate the rind and put in small, measured amounts for later use. I like to measure the grated rind onto squares of plastic wrap and then wrap. I put a number of little measured packets into a larger plastic storage bag and freeze. Fresh squeezed lemon juice can be frozen in ice cube trays (so you can put 2 T, for example, per square); this insures a measured amount. After the trays have frozen, remove the cubes and place in a freezer storage bag. You can also freeze in larger amounts if you plan to make gallons of lemonade or use the juice in larger amounts. Remember that freezing will expand the amount, so allow room for the expansion.

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Making a fruit spread is a delicious way of preserving nature's bounty and adding interest to meals. Several kinds of spreads can be prepared - jams, jellies, conserves, butters and curds. They may supplement the breakfast table or can be used as a topping or filling for tea-time treats - pies, tartlets, meringues, cookies, cakes, muffins, scones and crumpets.

What is a fruit curd? Fruit curds are traditional English spreads, made with fruit juice, butter, eggs, sugar and flavorings. The result is a rich, smooth, melt-in-the-mouth blend that is prized in the best year-round or holiday gift-giving tradition. Increasingly, gourmet gift-shops and food stores catering to epicurean tastes stock several flavors of fruit curds including orange, raspberry, strawberry, nectarine, lime, key lime, mango and even banana curd! The most well-known and sought-after variety, however, continues to be the classic 'lemon curd' - this article will therefore highlight this citrus curd. Making lemon curd at home is sometimes perceived as a challenge to novice cooks, but once the home-food preserver has mastered the art of making this delicacy, its versatility and the demand for this item will be well worth the effort.

How can I use lemon curd in my meals?

There is no way around it - lemon curd is not something to include in your everyday diet, especially if you need to watch fat, sugar and/or calories. But it can add a special touch on many occasions and often only needs to be a small garnish.

- Serve on the side, with other favorite breakfast spreads, together with croissants, muffins, scones or waffles.
- Add a European flair to your breakfast - spread lemon curd on pancakes, crepes or French toast.
- Stir into cream cheese, place in the center of a fruit tray to use as a dip.
- Use as a glaze - spread thinly on cakes.
- Fill pre-baked tartlet shells with lemon curd, top with green sugar sprinkles or a dusting of powdered sugar.
- Spread on thin cake rounds, top with sweetened whipped cream and berries in alternating layers for individual serving-sized parfaits or trifles.
- Sandwich together angel food cake or pound cake layers with lemon curd.
- Fill curd into a pre-baked piecrust, and top with whipped cream.
- Spoon onto ice-cream sundaes as a sauce; top with your favorite add-ons.
- Fill into individual serving-sized meringues, top with a garnish, and serve as dessert.
- Use as a pudding topping, then decorate with maraschino cherries.
- Use as a cheesecake topping, or swirl into cheesecake before baking, for a special effect.
- Stir berry preserves or a whole-berry sauce into individual servings of lemon curd in small dessert glasses for that perfect eye-catching dessert.

