



UCCE Master Food Preserver Program of Sacramento County

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Lemon Curd

<http://www.freshpreserving.com/recipes/lemon-curd>

Combine fresh lemons with butter and egg yolks for a delicious curd you can freeze for up to one year. Use it in tarts or your favorite recipe.

Level of Ease: Easy

Preserving Method: Freezing

You Will Need:

- 6 large egg yolks
- 3/4 cup sugar
- Grated peel of one large lemon
- 1 cup fresh lemon juice (about 5 medium)
- 1/2 cup (1/4 lb) cold unsalted butter, cut into 8 pieces
- 1 Plastic (16 oz) Freezer Jar

Directions:

1. PRESS egg yolks through a sieve set over a heavy saucepan to remove all egg whites.
2. ADD sugar, lemon peel and lemon juice. Whisk just to combine.
3. COOK over medium heat, stirring constantly with a wooden spoon. Make sure to stir down the sides of the saucepan. Cook until mixture coats the back of the wooden spoon, about 20 minutes. Remove from heat.
4. ADD butter, one piece at a time, stirring after each addition to assure the mixture is smooth.
5. LADLE lemon curd into clean jars to fill line. Chill until set, about 1 hour. Twist on lids. Label.
6. FREEZE up to 1 year.



Sweet and Sour Candied Citrus Peel

Recipe by Rebekah Turshen, City House, Nashville, TN

INGREDIENTS

- 4 large oranges, 3 grapefruit, or 6 lemons or limes, halved through stem ends
- 4 cups water
- 3 cups sugar, divided
- 2 tablespoons citric acid (can be found at specialty foods stores, some supermarkets, and online)

DIRECTIONS

1. Peel fruit using a vegetable peeler. Save flesh for another use; cut peels into 1/4 inch strips.
2. Bring peels and 4 cups water to a boil in a large saucepan and cook 5 minutes. Drain and return peels to pan. Repeat process twice more, using fresh water each time.
3. Return peels to pan. Add 2 cups sugar and 2 cups water. Bring to a boil and cook until peels are soft and translucent and vibrant looking, 30–40 minutes (about 10 minutes longer for grapefruit, or 10 minutes less for lemons or limes).
4. Drain and transfer peels to a wire rack set inside a rimmed baking sheet; chill until cool, about 15 minutes.
5. Whisk citric acid and remaining 1 cup sugar in a medium bowl. Add peels; toss to coat. Return to rack; let sit at room temperature 1 hour. Toss peels again in sugar mixture. Return to rack; let sit 4–12 hours to dry out. A dehydrator can be used to speed up this process.

NOTE: Citrus peels can be candied 1 month ahead. Store airtight at room temperature.