



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.

Candied Citrus Peel (Makes about 2 pints)

Ingredients:

Peels, including pith, from 6 thick-skinned citrus fruit
1 cup water, plus more for boiling peels
5 cups sugar
1 vanilla bean

Procedure:

1. Cut the peels into 1/4-inch strips. Cover the peels with cold water in a large nonreactive saucepan and bring to a boil, stirring to ensure that all of the peels are heated through. Strain and repeat two more times to remove the bitter flavor from the pith and to soften the peels. After the third round, set aside the peels to drain while you make the syrup.
2. Bring 1 cup water to a boil and gradually add 4 cups of the sugar, stirring to dissolve. Add the peels and the vanilla bean. Return to a boil, and then reduce to a simmer, cooking gently until the peels are translucent and tender, about 1 hour.
3. Using tongs, remove the peels to a drying rack placed over a baking sheet and separate them so they don't touch. Let drain, and then dry for 4 to 5 hours. When quite dry but still tacky, roll the peels in the remaining 1 cup sugar to coat. Peels keep, stored in an airtight container, for up to 1 month.

Source: Put 'em Up!

Citrus Salt (Makes about 1-1/4 cups)

Ingredients:

1 cup flake salt (such as Maldon) or coarse salt
3 tablespoons citrus zest (any kind)

Procedure:

Mix salt and zest in a bowl; work zest into salt with your fingers to release oils and flavor. Spread on a baking tray. Air-dry until dried completely, 8 hours to overnight. Keep airtight at room temperature for up to 2 months.

Note: Zest's color will fade over time, but this won't affect taste.

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