



LEMON CURD

Season: Winter / Spring
From the garden: Lemons, Bantam Eggs
Type: Sweet / dessert
Difficulty: Easy
Serves: Makes 2 jars
Source: <https://www.finecooking.com/recipe/classic-lemon-curd>

Equipment

- Large bowl
- Chef's knife
- Chopping board
- Measuring cups
- Electric mixer
- Small, medium & large bowls
- Egg separator
- Container to store egg whites
- Grater or lemon zester
- Tablespoon
- Manual juicer
- Medium, heavy-based saucepan
- Wooden spoon
- Cooking thermometer (optional)
- Plastic wrap
- Microwave-proof bowl
- Toaster

Ingredients

- * 85g unsalted butter
- * 1c sugar
- * 7 Bantam eggs (4 whole + 3 yolks only)
OR 4 regular large eggs (2 whole + 2 yolks only)
- * About 4 large lemons to make $\frac{2}{3}$ c juice
- * 1 tsp zest from one of the lemon's rinds
- * 1 loaf of bread to serve

Method

NB - Where an asterix * is marked, adult supervision is required

1. Soften the butter in a microwave-proof bowl.
2. In a large bowl, beat the butter and sugar with an electric mixer for about 2 minutes.
3. Crack 4 Bantam eggs (or 2 large regular eggs) into a medium sized bowl. Discard the shells.
4. Hold an egg separator over a small container. One at a time, carefully crack the remaining eggs into the egg separator. The whites will drip into the container. Add the yolks to the bowl with the whole eggs. Refrigerate the egg whites - they can be used for another recipe if desired.
5. Slowly add the eggs and yolks to the large bowl with the butter and sugar.
6. Beat together with the electric mixer for 1 minute.
7. Finely grate one lemon until you have about 1 tsp of zest. Set aside.
8. Cut the lemons in half and juice them with the manual juicer until you have about $\frac{2}{3}$ cup juice.

9. Mix the lemon juice in to the mixture. The mixture will look curdled (lumpy), but it will smooth out as it cooks.
10. * In a medium, heavy-based saucepan, cook the mixture over low heat until it looks smooth. Use a wooden spoon to stir the mixture.
11. * Increase the heat to medium and cook, stirring constantly, until the mixture thickens (at least 15 minutes). **Do not let the mixture boil.** Be sure to scrape the spoon along the seam where the bottom and the sides of the pot meet — an area prone to burning.
12. * To test if the mixture is ready, wipe a clean finger down the centre of the wooden spoon. If your finger leaves a 'clear path', it is ready. Or, if you have a thermometer you will know that the mixture is ready when it gets to 75 degrees C.
13. Remove the curd from the heat and stir in the lemon zest.
14. Transfer the curd to a bowl. Press plastic wrap on the surface of the lemon curd to keep a 'skin' from forming and chill the curd in the refrigerator.
15. Toast bread in toaster and spread cooled lemon curd on the top. Cut toast into quarters.
16. Serve and enjoy

Notes:

- The curd will thicken further as it cools. Covered tightly, it will keep in the refrigerator for a week and in the freezer for 2 months. A bonus is that it doesn't freeze solid, which means you can spoon out exactly what you need when you need it.
- For a soft, cream-colored lime curd with flecks of green zest, substitute fresh lime juice and zest for lemon.
- Use a heavy-based, non reactive saucepan. Stainless steel, anodized aluminum, and enamel all work well. Some materials, such as plain aluminum or unlined copper, will react with the acid in the lemons, discoloring the curd and giving it a metallic flavor.

Five great ways to enjoy lemon curd

- **Make sandwich cookies using lemon curd.** Macaroons, butter cookies, and wafers all taste great with lemon curd spread between them.
- **Swirl lemon curd into cheesecake.** Spoon a cup of room-temperature lemon curd in drops over an unbaked cheesecake. Use a butter knife to cut the curd into the cake to marbleise it before baking according to your recipe.
- **Fill tiny tarts with lemon curd.** Bake your favorite butter pastry in mini muffin tins. Fill the baked tart shells with cold lemon curd and top with berries and cream. You can also bake the filled tarts for 15 minutes in a 325°F oven. Baking the curd firms the custard and gives it a deep golden color. These, too, may be topped with whipped cream or a light dusting of icing sugar.
- **Spread lemon curd between layers of cake.** For a double lemon flavor, top the cake with a fluffy icing made by beating a cup of heavy cream and a teaspoon of vanilla extract until the cream begins to thicken, and then beating in a cup of cold lemon curd until the cream forms soft peaks.

Skills - Use of electric mixer, separating egg whites from yolks, stirring continuously with a watchful eye, taking care around hot stove, testing recipe readiness with an interesting new technique