



Meyer Lemon Curd

Smooth... velvety... rich... delicious... luscious... These are just a few of the words that describe fruit curds and especially Meyer Lemon Curd. This British spread is simple to make and sure to impress. Traditionally made with lemons, oranges or raspberries, the use of Meyer lemons brings the subtle taste of both lemons and oranges.

Curds go great with scones and crumpets, or even on a piece of toast. They can also be used as a cake or tart filling. My favorite use is to grab a spoon and when no one is looking, enjoy a spoonful straight out of the jar.

Yield: 1 $\frac{3}{4}$ Cups

Ingredients

2 eggs
1 egg yolk
 $\frac{1}{2}$ C sugar
 $\frac{1}{2}$ C Meyer lemon juice (2 medium or 3-4 small)
2 t Meyer lemon zest
6 T butter-cut into several pieces

Prepare a double boiler and heat the water to a simmer. Add the eggs, egg yolk and sugar to the double boiler. Whisk constantly until the sugar has dissolved. Add the lemon juice and zest, and continue to whisk. Whisking fairly constantly; including the sides of the pan, will help to prevent the eggs from curdling.

As the mixture heats up, it will thicken and start to turn opaque. Approximately five to seven minutes. Heat to 160° and turn off the heat source. Remove the top of the double boiler and place on a heat resistant surface. Add the butter pieces a few at a time and whisk until melted and incorporated. At this point the curd can be strained if desired.

Straining will remove any bits of egg that may have curdled and the zest.

Spoon the curd into clean jars and allow to cool before refrigerating. Cover the jars and keep refrigerated. Use within two weeks.

Tip: Juice the lemons at room temperature. They juice much easier than cold lemons.

Note: If Meyer lemons are not available, regular lemons can be used but the sugar will need to be increased by 33-50%.

Recipe by David Musial

