

Lemon Curd Spread

Servings: 12 (yields 1 ½ cups)

Source: Adapted from Food Gardening Network by Extension Master Food Volunteer
Linda Carlyle

Lemon curd is a deliciously tangy, creamy spread. Add a spoonful to elevate fruit or desserts with its intense flavor. Use a double boiler for more control and to keep from scorching.

INGREDIENTS

5 large eggs
1 1/2 cups sugar
1 1/4 cups freshly squeezed lemon juice (lemons)
Zest from 5 lemons
10 tablespoons butter, cut into thin slices
Pinch of salt

DIRECTIONS

1. Combine lemon zest and sugar in a food processor. Process until the zest is very fine, about 2 to 3 minutes.
2. In the bowl of a stand mixer or a large bowl and a hand mixer, cream the butter until light and fluffy. Add the sugar/zest mixture and mix until everything is thoroughly combined.
3. Add the eggs, one at a time, mix each on low speed until combined.
4. Add lemon juice and salt. Mix until all ingredients are thoroughly combined.
5. Pour the mixture into a double boiler or heavy saucepan and cook over low heat, stirring constantly with a whisk. Continue to stir until the mixture has thickened, about 10 minutes.
6. Remove from heat and strain into a glass bowl or jar.
7. Allow to cool completely before serving.
8. Store lemon curd refrigerated in an airtight glass container for up to 2 weeks.

Note: there may be tiny bits of egg in the mixture that will be strained out.

Nutrients Per Serving:

220 Calories | 12g Fat (7g Saturated) | 28g Carbohydrates | 25g Added Sugar | 3g Protein | 30mg Sodium | 1g Fiber