

LEMON CURD

The Lady's Own Cookery Book, published in 1844 and written by Lady Charlotte Campbell Bury, has a recipe for Lemon Curd, but it's very different than the thick sweet spread that we think of today, it is actually using the lemons to curd a cream. The curds are then drained with a cheese cloth and you get something close to Ricotta cheese.

The Art of Cookery Made Plain and Easy, published 1747, by Hannah Glasse has a recipe that is strikingly similar to lemon curd recipes of today. Her recipe for making "Clear Lemon Cream" uses only the egg whites along with water, lemon, and sugar to make this sweet lemon spread of a cream like consistency.

I am giving you my favorite Lemon Curd recipe, which is so simple that it's really the only one I regularly use. It came from a Little Old Irish Cookbook, and I love that it is a "One of these, One of these and One of these" recipes that you can easily commit to memory!

LEMON CURD:

Ingredients:

1 lemon, zest and juice

1 egg

1 stick of butter (1/2 cup)

1 cup sugar

(Optional - 1 teaspoon corn starch. It's not in the original recipe but it thickens the curd to a nice spreadable consistency.)

Directions:

Zest lemon into small bowl and set aside. Juice lemon into small bowl and set aside. (If using cornstarch, then stir it into the lemon juice.)

Melt butter over medium heat in small sauce pot. Add in sugar, stir to combine and cook until sugar dissolves, about 4 minutes. Turn heat to low.

Meanwhile, beat egg in small bowl. Once sugar is dissolved, temper the egg with about 1/4 cup of the hot butter and sugar mixture slowly added to egg while stirring to bring the egg's temperature up.

Slowly add egg into the pot with the rest of the butter and sugar, stirring non stop. Don't stop or you will end up with scrambled eggs!

Add in the lemon juice and lemon zest and cook over low heat continuously stirring for about 15-20 minutes or until thickened and coats the back of your spoon.

When mixture is thickened, you may strain out any hard pieces of egg.

Pour into a jar with a lid and let it come to room temperature then refrigerate for 2 hours to overnight to allow it to set.

Keep refrigerated.