

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Lemon Curd & Raspberry Puree

Curd can also be made with oranges, limes and regular supermarket lemons. With less acidic Meyer lemons and oranges use the larger amount of zest and the lesser amount of honey. With limes and regular lemons use the lesser amount of zest and the larger amount of honey.

Makes 2 cups

2 whole eggs

1-2 tablespoons zest from organic fruit

1/3 cup fresh-squeezed juice

1/3 to 1/2 cup mild-tasting honey

3 ounces butter cut into walnut-sized pieces

Whisk all except the butter together in a medium stainless steel bowl. Place the bowl in a pan of simmering water, a bain marie.

Whisk *continuously* for about 3 minutes (don't walk away from the pan for even a moment) until the bubbles and foam subside and the mixture thickens and forms a ribbon on itself when you lift the whisk (this could take anywhere from 3-10 minutes depending on the temperature of your ingredients and the heat of your water). Alternatively, you can use a double boiler.

Remove the bowl from the water and whisk in the butter a few pieces at a time. Pour the curd into a container, cover and refrigerate for a week at the very most.

Raspberry Puree

Makes about 1 cup

1 12-ounce package frozen, unsweetened raspberries

1 tablespoon mild-tasting honey

Defrost the frozen raspberries and place them in a blender with the honey. Blend about 1 minute. Pour through a fine strainer, pressing out the liquid though not so hard as to press seeds through the strainer. Pour into a container, cover and refrigerate.