

Preserving Citrus II: Sweet Citrus Spreads

Too many lemons, limes or mandarins? Learn how to make sweet spreads from citrus. Recipes include traditional marmalade and lemon curd, spiced orange jelly, and lemon thyme jelly. Techniques include boiling water and atmospheric steam canning for shelf stable products.

Lime Curd - Refrigerator or Freezer *

INGREDIENTS

Makes 2 cups of curd

- 2 large eggs plus 3-5 egg yolks **
- $\frac{3}{4}$ cup fresh lime juice, about 6 Persian or 10 key limes
- 2-3 tsp fresh lime zest
- $\frac{3}{4}$ -1 cup granulated sugar (200 g superfine/caster sugar)
- 6 Tbsp (3/4 stick) unsalted butter, chilled

EQUIPMENT

- Citrus zester
- Double boiler (non-reactive)
- Whisk (silicon, pref.), measuring cups and spoons

- Clean and sterilized storage container(s). Freezer safe container if freezing.
- Thermometer

INSTRUCTIONS

1. Wash and scrub the fruit. Juice and zest.
2. Mix with sugar and set aside 30 minutes or more to infuse flavor.
3. Put a few inches of water in the double boiler, taking care it does not touch the bottom of the upper pan. Medium heat.
4. Cut butter into $\sim \frac{1}{2}$ " pieces; keep cold.
5. Crack eggs into a bowl, separating out whites as necessary.
6. In the top boiler pan (off the heat) whisk the eggs, then slowly add the sugar-zest mixture, whisking well to dissolve and the mixture is fluffy. Whisk in the juice and salt.
7. Place this top boiler pan over steaming heat. Gently whisk or stir

continuously with a spatula or wooden spoon to prevent coagulating.

8. Cook 20 or so minutes, until medium thick or temperature reaches 170°-185°F. It should coat the back of a spoon and show a trail that closes. Remove from heat and continue stirring if needed to thicken more; it will also firm up as it cools. Never allow a curd to boil.
9. For a smoother texture, press hot curd through the strainer.
10. Working quickly, whisk butter into the warm curd one tablespoon at a time to achieve a smooth texture and glossy finish.
11. Spoon or pour into your storage containers, tapping occasionally to release trapped air. Place plastic wrap on the top surface to prevent a “skin” from forming.
12. Chill immediately. Do not disturb as it sets up; allow at least 2 hours before use. Label containers. Curd keeps up to a month in the refrigerator, or a year in the freezer. Thaw 24 hours in the refrigerator before using.

Excellent on toast, scones, waffles, pancakes, crepes, and Dutch babies; as a yogurt or ice cream topping; layered in parfaits with whipped cream, fruit, or cake; folded into a mousse; baked or layered into cookies, pies, cheesecake, cupcakes, and cakes... or savored right off the spoon!

* For a Canned Lemon or Lime Curd recipe that is tested for safe shelf-stable storage after steam or boiling-water processing, see:
<https://nchfp.uga.edu/how/can/canning-fruits-and-fruit-products/lemon-curd-canned/>

** Because this is a refrigerator/freezer curd, and not a canned product, proportions can safely vary.

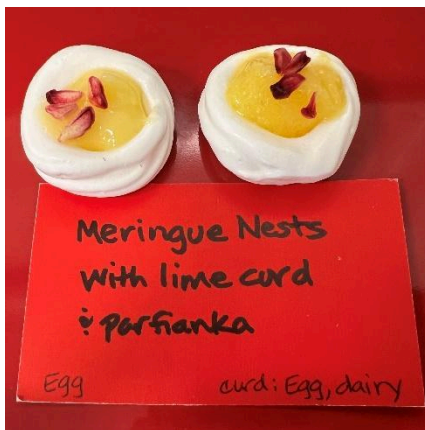
Variations: Curds need acid to set up properly and balance sweetness; almost any citrus will do. Cranberries, rhubarb, and passionfruit work well alone, while other fruits will need added acid, e.g., mango-lime, or blueberry-lemon. You can experiment with adding flavors like ginger, mint, vanilla, cardamom, and black pepper.

Adapted from:

<https://ucanr.edu/sites/camasterfoodpreservers/files/340558.pdf>

<https://www.allrecipes.com/recipe/150642/fresh-lime-curd/>

<https://bakesbybrownsugar.com/lime-curd/>



Traditional Orange Marmalade

INGREDIENTS

4 cups thinly sliced orange peel with pith
4 cups orange pulp, cut up
1 cup thinly sliced lemon
6 cups water
6 cups sugar

PROCEDURE

Wash and rinse half-pint canning jars; pre-sterilize and keep hot until ready to fill (if using 5min processing time). Prepare lids and ring bands according to manufacturer's directions.

Rinse oranges and lemons well in clean water, scrubbing with a produce brush to remove any dirt, oils, or wax on the peels.

Peel oranges and slice orange peel with pith attached into $\frac{1}{8}$ " strips. Measure 4 cups. remove seeds and membrane from orange pulp. Cut sections into smaller pieces; measure 4 cups

Slice lemon (s) into $\frac{1}{8}$ " slices and remove any seeds. Cut slices into halves or quarters.

Measure 1 cup

Add water, orange pulp, orange peel, and lemon to a pot. Bring to a boil and cook over medium heat until peel is tender, about 1 hour. Add sugar and bring slowly to a boil; stirring until the sugar dissolves. Add in candy thermometer if using. Cook rapidly to the jellying point (220F), about 45 minutes, stirring frequently.

Skim any foam from the top of the mixture.

Fill hot marmalade into hot, (sterilized if using 5 min process) jars to $\frac{1}{4}$ " headspace. Wipe rims of jars with a dampened, clean paper towel. Apply and tighten new lids to fingertip tight.

Process in a boiling water or steam canner for 5 minutes with sterilized jars, or 10 minutes for un-sterilized jars.



Photo Credit: MFP E. Alvarez

Spiced Orange Jelly

INGREDIENTS

2 cups orange juice
1/3 cup lemon juice
2/3 cup water
1 package powdered pectin (or 6 Tbsp bulk powdered pectin)
2 Tbsp orange peel, finely chopped
1 tsp whole allspice
1/2 tsp whole cloves
4 sticks cinnamon (2 in long)
3 1/2 cups sugar

PROCEDURE

Sterilize canning jars and prepare lids according to manufacturer's directions. Mix orange juice, lemon juice, and water in a large saucepan. Stir in pectin. Place orange peel, allspice, cloves, and cinnamon sticks loosely in a clean, white cloth; tie with a string and add to juice mixture. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add sugar, continue stirring, and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat. Remove spice bag and skim off any foam quickly. Pour hot jelly immediately into hot, sterile jars, leaving 1/4" headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a boiling water canner for 5 minutes.