

Citrus III: Sweet Treats and Everyday Eats

Too many lemons, limes or mandarins? In this final event in the preserving citrus series, learn how to make some more citrus treats and then how to utilize some of the previously covered preserved products in everyday dishes.

Candied Citrus Peels

Yield: about 2 pints

Ingredients:

Peels, including pith, from 6 oranges or other thick-skinned citrus fruit

1 cup water, plus more for boiling peels

5 cups sugar

1 vanilla bean

Method:

1. Cut the peels into 1/4-inch strips. Cover the peels with cold water in a large nonreactive saucepan and bring to a boil, stirring to ensure that all of the peels are heated through. Strain and repeat two more times to remove the bitter flavor from the pith and to soften the peels. After the third round, set aside the peels to drain while you make the syrup.

2. Bring 1 cup water to a boil and gradually add 4 cups of the sugar, stirring to dissolve. Add the peels and the vanilla bean. Return to a boil, and then reduce to a simmer, cooking gently until the peels are translucent and tender, about 1 hour.

3. Using tongs, remove the peels to a drying rack placed over a baking sheet and

separate them so they don't touch. Let drain, and then dry for 4 to 5 hours.

4. When quite dry but still tacky, roll the peels in the remaining 1 cup sugar to coat.

5. Peels keep, stored in an airtight container, for up to 1 month.

Source: Put 'em Up!



Photo Credit: M. Hsieh - MFP

Candied Lemon Peel Oatmeal Cookies

Ingredients:

1-1/4` cup firmly packed brown sugar

3/4 cup butter softened

1 ea egg

1/3 cup milk

1-1/2 tsp vanilla

3 cups quick oats uncooked

1 cup flour

1/2 tsp baking soda

1/2 tsp salt

1/4 tsp cinnamon

1 cup walnuts coarsely chopped

1 cup candied orange peel

Method:

Heat oven to 375 deg F. Grease cookie sheets or line with parchment paper or a silpat. If you have a stone, those work great for cookies!

Place brown sugar, butter, egg, milk and vanilla in a large bowl. Beat at medium speed with an electric mixer until well blended.

Combine oats, flour, baking soda, salt and cinnamon. Add the butter mixture; beat at low speed just until blended. Stir in walnuts and candied orange peel.

Drop dough using a small or medium cookie scoop 2" apart onto your prepared cookie sheets or stones.

Bake one cookie sheet at a time @ 375 deg F for 10-12 minutes. DO NOT OVERCOOK.

Remove the cookies when they look slightly under cooked and let them rest on the cookie sheet for 5 minutes until transferring to a cooling rack to cool completely.

Store in an air tight container to keep fresh and chewy. You can also store them in the freezer. Enjoy!!



Photo Credit: M. Benavides – MFP

Citrus Jam Bars

Yield: 3-4 dozen bars

Time: 40 minutes to prep and bake, plus 2 or more hours for cooling

Ingredients:

1 c old fashioned rolled oats

1 c + 2 Tbsp flour; e.g., half whole wheat pastry flour and half all-purpose white

2 tsp flax seed meal and/or psyllium fiber

Pinch xanthan gum (optional)

¼ tsp salt

½ tsp baking soda

¼ tsp baking powder

¼ tsp cinnamon or other spices to taste, such as allspice

10 Tbsp unsalted butter, melted

½ c brown sugar, loosely packed (about 55 gr)

1 tsp vanilla extract

⅓ c almond slices, or other chopped nuts, lightly pre-toasted

2 Tbsp coconut flakes (optional)

¾ - 1 c jam, preserves, or marmalade

Method

1. Line an 8"x8" pan with foil or parchment paper, overhanging sides to make a sling for easy removal. Spray with cooking oil. Preheat oven to 350°F.
2. In a medium bowl, combine oats, flours, flax seed meal or psyllium fiber, xanthan gum, salt, soda, baking powder, and spices.
3. In a large bowl, melt butter, then add brown sugar and vanilla extract. Beat well, at least one minute. Stir in dry ingredients until well combined.
4. Press about 60% of the oat mixture into a flat even layer in the greased pan. It will seem quite buttery. Refrigerate the remaining dough. Bake the bottom layer for 10 minutes.
5. Remove from the oven and spread the preserves evenly over the base layer. If using nuts and/or coconut, stir into the refrigerated raw dough, then crumble on top of the preserve layer.
6. Bake 15-20 more minutes, rotating halfway, until the top is golden brown.
7. Cool COMPLETELY before unmolding and cutting into bars; overnight is ideal to allow them to firm up.

Variations:

Substitute vegan butter, vegetable oil, or coconut oil to make this vegan or add flavors.

Substitute up to ½ c of the flour with almond flour, coconut flour, or other flours.

Vary spices, nuts, oils, extracts, and flours to complement the flavor profile of the preserves, e.g., almond-allspice-blueberry; hazelnut-cherry; almond-coconut-yuzu.



Bread Pudding with Citrus Curds

Ingredients:

- 1 loaf French bread (8 oz), sliced into ½" slices
- 10 large eggs
- 1 ¼ C sugar, or 1 C granulated sugar + ¼ C demara sugar
- 1 quart milk
- ¼ t salt
- 1 ½ teaspoons vanilla extract
- 1 ½ C citrus curd, such a lemon or blood orange

Method:

1. Butter a 3-quart baking dish (about 13 x 9 x 2"). Preheat oven to 350 degrees with rack in center.
2. If the bread is not stale, dry (but do not brown) it on cookie sheets in the oven, about 10 minutes, turning.
3. Beat eggs with 1 cup of the sugar in a large bowl. Beat in milk, salt, and vanilla.
4. Arrange one layer of bread slices, packed to touch each other, in the baking dish. Spread half of the curd on the bread. Repeat with a second layer of bread, offsetting the slices, and the remaining curd. Ladle the egg-milk mixture slowly over the top. Let stand at room temperature one hour.
5. Sprinkle the remaining ¼ c sugar or demara sugar (for more crunch) evenly over the pudding.

6. Place the baking dish into a larger, shallow pan and place in center of oven. Pour hot water into the larger pan to about halfway up the baking dish. Bake about 45 minutes until the top is puffed and barely colored. The center will move only slightly when tapped. If a browner top is desired, place briefly under the broiler.

7. Serve hot, or at room temperature. A berry sauce of any type, or whipped cream is a good plate decoration or topping.



Photo Credit: G. Belcher - Pixabay

Marmalade Muffins

Yield: 12 Muffins

Ingredients:

1 and 3/4 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/2 cup canola oil

1/2 cup Marmalade

1 tbsp Starch Based Egg Replacer* OR 2 Eggs

1 tub Applesauce (omit if using eggs)

1/2 cup Greek yogurt

1 and 1/2 teaspoons pure vanilla extract

1/4 cup milk

Method:

Preheat oven to 375°F. Spray a 12-count muffin pan with nonstick spray or line with cupcake liners. Set aside.

Whisk together dry ingredients then add wet ingredients directly to the bowl. Mix until well combined. Batter should be light and fluffy with air bubbles throughout.

Spoon the batter evenly into each cup or liner, filling each all the way to the top.

Bake the muffins for 25-30 minutes. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

*Homemade Starch Based Egg Replacer:

2 1/2 tbsp potato starch

1 1/2 tbsp tapioca starch

2 tsp baking powder

1 tsp baking soda

Mix ingredients together, makes approximately 10 eggs worth of egg replacer.

To replace 1 egg use 1/2 Tbsp of egg replacer mixed with 2 Tbsp of water.

Optionally replace the water with 1/3 cup of applesauce for every 2 eggs for better binding.



Photo Credit: E. Alvarez - MFP

Salt Preserved Lemon Pound Cake

Yield: 1 Loaf

Ingredients:

½ cup extra-virgin olive oil, plus more for parchment

1 preserved lemon (about 55 g)

1½ cups (188 g) all purpose flour

2 tsp. baking powder

½ tsp. ground turmeric

3 large eggs

1 cup plus 2 Tbsp. (225 g) granulated sugar

½ cup sour cream

1 Tbsp. finely grated lemon zest

3 Tbsp. fresh lemon juice

¾ cup (83 g) powdered sugar

1 Tbsp. whole milk

Flaky sea salt

Method:

Place a rack in middle of oven; preheat to 350°. Line an 8½x4½" loaf pan, preferably metal, with parchment paper, leaving generous overhang on the long sides, and brush with oil. Cut preserved lemon into quarters; remove any seeds. Transfer to a small food processor and process to form a paste (you can also do this with a mortar and pestle or simply chop and smash with your knife).

Whisk flour, baking powder, and turmeric in a medium bowl to combine. Beat eggs, granulated sugar, and remaining ½ cup oil in the bowl of a stand mixer fitted with the

paddle attachment on medium speed until smooth and incorporated, about 1 minute. Add sour cream and mix to combine. Add preserved-lemon paste, lemon zest, and lemon juice and mix to combine. Reduce speed to low, add dry ingredients, and mix until just combined, about 15 seconds. (Batter can also be mixed together in a large bowl with a whisk.) Scrape batter into prepared pan and smooth top.

Bake cake until top is golden brown and a tester inserted into the center comes out clean, 50–60 minutes. Transfer pan to a wire rack and let cake cool 15 minutes. Run a knife around sides of pan to loosen and, using parchment paper overhang, lift cake out of pan and onto rack. Peel away parchment paper and discard. Let cake cool completely.

Meanwhile, whisk powdered sugar and milk in a medium bowl until smooth.

Transfer cake to a platter or large plate. Using a rubber spatula to help guide glaze, spoon glaze over cake, letting it drip down the sides (you should have a fairly thick coating). Sprinkle sea salt over glaze and let cake sit until glaze is set, about 30 minutes.

Do ahead: Cake can be made 3 days ahead. Store airtight at room temperature.



Photo Credit: K. Hansen - MFP

Chicken Thighs with Preserved Lemons and Olives

Ingredients:

6-8 chicken thighs (preferably bone-in and skin-on)

1 medium onion, thinly sliced

3 cloves garlic, finely minced or grated

12 oz of bottled or frozen artichokes, cut into bite-sized pieces

1 – 2 preserved lemons

¼ cup sliced, pitted olives (Kalamata preferred, but green also good, or use a mixture of both)

(optional) 1 bulb fennel, thinly sliced

1 cup chicken stock

½ cup dry white wine

1 tsp sweet paprika

1 tsp dried thyme

1 bay leaf

¼ tsp freshly ground black pepper

½ tsp salt

(optional) ¼ tsp crushed chili peppers (or to taste)

Olive oil

Chopped parsley for garnish

Baking dish large enough to accommodate chicken in a single layer

Method:

1. Preheat oven to 350°F.
2. Briefly rinse the preserved lemons under running water (to remove excess brine). Scoop pulp from preserved lemons. Mince pulp into mush. Slice rinds into thin strips.
3. Pour a few teaspoons of olive oil in the bottom of the baking dish.
4. Spread the sliced onions, artichokes, fennel (if using), lemons, and garlic in an even layer in the baking dish. Add the bay leaf.
5. Scatter the olives over the other vegetables.
6. Add the thyme to the vegetables.
7. Pour the wine and chicken stock over the vegetables. There should be enough liquid to just cover the vegetables. Add more stock if necessary.
8. Nestle the chicken thighs into the vegetables in a single layer, skin-side up.
9. Season the chicken with the black pepper, salt, paprika, and chili (if using). Be careful with the salt as the lemons are salty. Taste and adjust salt level after cooking.
10. Bake at 350°F until chicken thighs are cooked and starting to brown.
11. If necessary, run under the broiler for a few minutes to brown and crisp the chicken skin.



12. Adjust seasoning to taste. Spoon vegetables and liquid over rice or pasta, top with a chicken thigh. Garnish with chopped parsley.

Note: if the vegetables seem too “saucy” or if there’s too much liquid once the chicken is cooked, ladle some of the liquid into a saucepan, bring to a boil on the stove, and reduce the liquid volume. One can also add a little cornstarch to thicken the sauce if desired. Return the reduced liquid back to the vegetables.



Photo Credit: H. Shaw - MFP