

LEMON CURD

Yield 500ml curd / 2 small 7.4 fl.oz weck jars

INGREDIENTS

140ml Lemon Juice, about 4 juicy organic lemons
3 eggs, large & free range
100g unsalted butter
250g-castor sugar

DIRECTIONS

Place empty jars in a large pot. Completely cover the jars with water. Bring to a boil over high heat.

Once the water reaches a full rolling boil, begin timing. Boil the jars for 15 minutes. Turn off the heat. If you are not quite ready to fill the sterilized jars and proceed with canning your recipe, you can leave them in the hot water for up to an hour. If you wait longer than an hour, you'll need to sterilize them again.

Prepare your lemons by washing & drying them. Grate the rinds, squeeze and strain the juice. If you have a food processor with a juicing attachment, this will make the process much quicker, alternatively a good old-fashioned juicer will work just fine (and this method will heal any cuts on your hands!)

Add the lemon juice, lemon rind, sugar and unsalted butter to a glass bowl. Cook slowly, stirring intermittently over a bain marie (a glass bowl placed on top of a saucepan with some water, so it fits snugly). The water should not touch the glass. The heat and steam cooks the mixture by indirect heat.

You may find you need to turn the heat on and off, as the water may start boiling over - this is just part of the process...be patient.

Cook until the sugar has dissolved and the butter has melted.

Strain in the lightly beaten eggs. Cook gently, stirring frequently - until it begins to thicken. DO NOT BOIL. The main concern with the curd is not to overheat the mixture, as then the eggs will begin to scramble! and no ones wants a lumpy curd.

Remember to be patient with the curd - it is sometimes best to bake or cook another dish while cooking out your curd, that way you can keep an eye on your curd, while stirring now and again & you won't become too impatient.

Remove from the heat and pour at once into sterilised jars. Cover and store.