Lemon Curd (America's Test Kitchen)

America's Test Kitchen Family Cookbook



The folks at Cook's Illustrated (America's Test Kitchen) just always test, adjust, test, adjust and test. That's why their recipes are so good.

7 large egg yolks

2 large eggs

1 cup sugar, + 2 tablespoons

2/3 cup fresh lemon juice

1/4 cup lemon zest

1/8 teaspoon salt

4 tablespoons unsalted butter, cut in 1/2 inch pieces

3 tablespoons heavy cream

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 12

This really takes no time to make and it's SO much better than the store-bought type. I also like this recipe because it's not teeth-achingly sweet. It's "just right."

1. Whisk the egg yolks, whole eggs and sugar together until just combined. Whisk in the lemon juice, zest and salt.
2. Transfer the mixture to a medium nonreactive saucepan, add butter, and cook over medium-low heat, stirring constantly, until the curd thickens to a thin sauce-like consistency, about 5 minutes.
3. Strain the curd immediately through a fine-mesh strainer into a clean nonreactive bowl and stir in the cream. Cool and chill completely.

Yield: 2 cups

Per Serving (excluding unknown items): 163 Calories; 9g Fat (48.8% calories from fat); 3g Protein; 18g Carbohydrate; trace Dietary Fiber; 175mg Cholesterol; 37mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.