PRESERVERING: SUURLEMOENSMEER

Voorkoms 30% Smaak 70%

Vereistes:

Mooi blink heldergeel of groengeel suurlemoensmeer, aangebied in ‘n 375 ml heuningfles

Suurlemoensmeer het ‘n aangename soetsuur smaak. Die tekstuur is glad en romerig wat vorm behou wanneer dit geskep word. Dis ‘n ideale vulsel vir tertjies, sponskoeke asook vir plaatkoekies.

Aanbieding

Etiket van ongeveer 10 mm breedte geplaas ongeveer 20 mm vanaf die basis. Goed verseëlde fles gevul tot omtrent 10 mm van bo.

Resep:

4 groot suurlemoene, buitenste skil fyn gerasper, sap uitgedruk en deur sif gegooi (ongeveer 200 ml sap)

5 eiers (liggies geklop)

100 g botter in blokkies gesny

400 ml (320g) suiker

Metode

1. Plaas suurlemoensap, -skil, botter en suiker in die boonste deel van ‘n dubbelkastrol
2. Klop totdat botter gesmelt is.
3. Klop ‘n klein hoeveelheid van die gesmelte mengsel by die geklitste eiers.

4. Voeg terug by mengsel oor stoom.

5. Klop aanhoudend totdat mengsel begin styf word. Vir die regte tekstuur moet die mengsel die agterkant van die houtlepel bedek.

6. Skep in gesteriliseerde fles en verseël.

Wenke:

Indien dubbelkastrol nie beskikbaar is, gebruik ‘n glasbak geplaas oor ‘n geskikte kastrol

Plaas die rasper op kleefplastiek voordat skil gerasper word om die skil maklik te versamel.

Waak daarteen dat die eiermengsel kook om skifting te voorkom. Gebruik liefs medium hitte vir langer tydperk eerder as hitte hoog gestel. Dit neem ‘n rukkie voordat die mensel styf word, maar sodra afgekoel sal die regte tekstuur en konsistensie bereik word.

Bewaar lugdigte fles in yskas.

PRESERVING : LEMON CURD

Appearance 30% Taste 70%

Requirements

A smooth, shiny yellow or greenish yellow spread in a 375 ml honey jar. Lemon curd has a nice sweetish sour taste. Texture is smooth and creamy and retains shape when spooned. Suitable filling for tartlets, sponge cakes as well as crumpets

Presentation

Label 10 mm broad placed 20 mm from base. Sealed jar filled to approximately 10 mm from top.

Recipe:

4 large lemons, rind grated. Juice extracted and pored through strainer (approximately 200 ml juice)

5 eggs, beaten

100 g butter, cut in squares

400 ml (320g) sugar

Method

1. Place lemon juice, grated rind, butter and sugar in top part of double cooker over boiling water.
2. Stir well till butter is dissolved.
3. Add a little bit of this mix to the eggs.
4. Add to the steaming mixture.
5. Stir well until mixture begins to thicken. For correct texture the mix must cover the back of your wooden spoon.
6. Spoon in sterilized jar and seal.

Hints

If a double cooker is not available, use a glass bowl placed over a suitable pot. Place cling wrap under the grater to collect the lemon peel easily. Guard against boiling the egg mixture to avoid curdling. Use medium heat for a longer period rather than higher heat. It takes a little while for the mixture to thicken but, as soon as it cools down, the correct consistency and texture will be obtained. Seal airtight and store in the fridge.