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UCCE Master Food Preservers of Sacramento County

*Sacramento County Master Food Preservers
Monthly Wednesday Night
Demonstration*

*February 17, 2021
Citrus*



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 916-875-6913.

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PRESERVED LEMONS

Source: adapted from Ball Complete Book of Home Preserving

Yield: 1 quart jar

10 lemons

1/2 cup pickling or canning salt, divided

4 bay leaves

4 cinnamon sticks (each about 4 inches/10 cm)

1 tsp whole black peppercorns (optional)

1. Prepare jar and lid. For this recipe, the jar needs to be sterilized prior to packing. To sterilize, boil jar in water for 10 minutes. (If you live above 1000 feet in elevation, add 1 minute of boiling time for every additional 1000 feet.).
2. Wash the lemons in warm water, scrubbing well to remove any dirt and wax, and dry well, using paper towels. Cut a thin (1/8 inch) slice off the stem end. From stem end, cut each lemon into quarters, without cutting through the bottom end and leaving it intact.
3. Sprinkle 1 Tbsp pickling salt over the bottom of sterilized jar. Working over a bowl, pack 1 heaping Tbsp salt into each lemon before placing in the jar, stem end up. When 3 lemons have been salted and packed, slip bay leaves and cinnamon sticks against sides of the jar and add peppercorns, if using. Repeat with remaining lemons and salt. (Number of lemons that will fit in the jar is variable, depending on the size of the lemons.) Cover with the remaining salt.
4. Fill jar with lemon juice leaving 1/2-inch headspace, by squeezing an additional lemon, if necessary. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jar in a dark, cool cupboard for 2 weeks, shaking every day to distribute the salt. After 2 weeks, the lemons are ready to use. Remove pulp and membrane, using only the peel. Rinse peels under water to remove excess salt and dry with a paper towel. Store preserved lemons (peels) in the refrigerator.

Variation: If you prefer, you can cut the lemons into quarters. In a large bowl, combine lemon quarters with salt and toss to mix. Fill the jar halfway, add the bay leaves, cinnamon sticks and peppercorns, if using, then continue until the jar is filled, pushing the lemons well down to squeeze in as many as possible.

Variation: Other **dried** spices/**dried** spice combinations may be substituted (2 teaspoons per quart) based on your flavor preferences. Other **dried** spice ideas are: cardamom pods, coriander seeds, juniper berries, celery seed, whole allspice, cloves.

CINNAMON KUMQUATS

Source: Ball Complete Book of Home Preserving

Yield: 6 half-pint or 3 pint jars

2-1/2 pounds kumquats, stems completely removed

2 Tbsp baking soda

Boiling water

2 cinnamon sticks (each about 4 inches/10 cm)

6 cups granulated sugar

1. In a large stainless steel saucepan, combine kumquats and baking soda. Add boiling water to cover and set aside for 5 minutes. Transfer to colander placed over a sink and drain thoroughly. Rinse three times in cold running water. Prick each kumquat twice with a toothpick to prevent bursting.
2. In clean large stainless steel saucepan, combine kumquats, 8 cups water, and cinnamon sticks. Bring to a boil over high heat. Reduce heat to low and heat gently for 7 minutes. (Be careful not to boil, as boiling may cause the fruit to burst.) Add sugar and cook over medium-low heat, stirring constantly but gently, until sugar has dissolved and liquid has almost returned to a boil. Discard cinnamon sticks.
3. Meanwhile, prepare canner, jars and lids.
4. Using a slotted spoon, pack kumquats loosely into hot jars, to within a generous 1/2 inch of top of jar. Ladle hot syrup into jar to cover kumquats, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner. Process both half-pint and pint jars for **15 minutes**. (To adjust for altitude: at 1,001 to 3,000 feet process 20 minutes; at 3,001 to 6,000 feet, 25 minutes; at 6,001 to 8,000 feet, 30 minutes; at 8,001 to 10,000 feet, 35 minutes.) Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

Variation: Replace the 2 cinnamon sticks with 1 cup fresh mint leaves and stems, tied tightly with string. When packing kumquats, place a fresh mint leaf in each jar.

Tip: Use small, firm, oval-shaped kumquats. Large kumquats do not hold their shape as well. Scrub with a soft brush under running water and drain well before using.

CANDIED LEMON PEEL USING A DEHYDRATOR

Steps as shown in the Candied Lemon Peel slideshow

By Sacramento County UCCE Master Food Preservers, February 17, 2021

1. Clean lemons to remove dirt.
2. Juice lemon and remove pulp.
3. Cut peel to 1/4" thick slices.
4. Weigh the peel to estimate the amount of sugar is needed. Use 50% of the weight of the peel or adjust to your liking (sugar is used in step 8, but you need to weight the peel before immersing it in water).
5. Soak the peel in cold water for 1-2 hrs to lessen the bitter taste in the peel.
6. Bring water and lemon peel to a boil, drain water.
7. Repeat the boiling process with fresh cold water:
 - a. 2 x for orange
 - b. 3 x for lemon
 - c. 5 x for grapefruit
8. Drain the liquid, add sugar, and simmer the peel for 20 minutes.
9. Turn off the heat, and let the peel soak in syrup for a few hours.
10. Drain the syrup.
11. Dehydrate the peel at 135° for 5 to 6 hours.
12. Peel is done when it is dry, but pliable.

GRAPEFRUIT MARMALADE

Source: adapted from The All New Ball Book of Canning and Preserving

Yield: about 4 half-pints

3 large red grapefruit (about 2-3/4 lbs)

1 lemon

2-1/2 cups water

1/8 teaspoon baking soda

6 tablespoons Ball Classic Pectin

4 cups sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
2. Scrub fruit thoroughly, rinse well, and pat dry. Carefully strip rind from grapefruit and lemon with a vegetable peeler, avoiding bitter white pith. Coarsely chop rind to measure 1 cup. Place rind, water, and baking soda in a 6-quart stainless steel or enameled Dutch oven. Bring to a boil over high heat; cover, reduce heat, and simmer, stirring occasionally, 20 minutes.
3. Cut a 1/4-inch-thick slice from each end of grapefruit and lemon. Place flat end down on a cutting board, and remove and discard peel (bitter white pith and any remaining rind) in strips, cutting from top to bottom, and following the curvature of the fruit. Holding peeled fruit in the palm of your hand and working over bowl to collect juices, slice between membranes, and gently remove whole segments. Discard membranes and seeds. Coarsely chop fruit to measure 2-1/4 cups fruit and juices.
4. Add fruit and juices to rind. Bring to a boil; reduce heat, and simmer, un-covered, stirring often, 10 minutes.
5. Stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
6. Add sugar stirring to dissolve. Return to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
7. Fill hot marmalade into sterile jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in a boiling water or atmospheric steam canner for **5 minutes** at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6000 feet.

BOILING WATER CANNING PROCESS

1. Before you start preparing your food, fill the canner halfway with clean water. This is approximately the level needed for a canner load of pint jars. For other sizes and numbers of jars, adjust the amount of water in the canner so it will be 1 to 2 inches over the top of the filled jars.
2. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
3. Fill, fit with lids, load onto the canner rack and use the handles to lower the rack into the water; or fill the canner with the rack in the bottom, one jar at a time, using a jar lifter. When using a jar lifter, make sure it is securely positioned below the neck of the jar (below the screw band of the lid). Keep the jar upright at all times. Tilting the jar could cause food to spill into the sealing area of the lid.
4. Add boiling water, if needed, so the water level is at least 1 inch above jar tops. Pour the water around the jars, not on them. For process times over 30 minutes, the water level should be at least 2 inches above the tops of the jars.
5. Turn heat to its highest position, cover the canner with its lid, and heat until the water in the canner boils vigorously.
6. Set the timer for the total minutes required for processing the food, adjusting for altitude.
7. Keep the canner covered and maintain a boil throughout the process schedule. The heat setting may be lowered a little as long as a complete boil is maintained for the entire process time. If the water stops boiling at any time during the process, bring the water back to a vigorous boil and begin the timing of the process over, from the beginning.
8. Add more boiling water, if needed, to keep the water level above the jars.
9. When the jars have boiled for the recommended time, turn off the heat and remove the canner lid. Wait no more than 5 minutes before removing jars.
10. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1-inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



ATMOSPHERIC STEAM CANNING PROCESS

1. Use a research tested recipe and processing time developed for a **boiling water** canner when using an atmospheric steam canner. An atmospheric steam canner may be used with recipes approved for half-pint, pint, or quart jars.
2. Add enough water to the base of the canner to cover the rack. (Follow manufacturer recommendations.)
3. Preheat water to 140°F for raw-packed foods and to 180°F for hot-packed foods. Food preparation can begin while this water is preheating. Do not have the water boiling when you add the jars.
4. Heat jars prior to filling with hot liquid (raw or hot pack). Do not allow the jars to cool before filling.
5. Load filled jars, fitted with lids, onto the canner rack and place the lid on the canner base.
6. Turn heat to its highest position to boil the water until a steady column of steam (6-8 inches) appears from the vent hole(s) in the canner lid. Jars must be processed in pure steam environment.
7. If using a canner with a temperature sensor, begin processing time when the temperature marker is in the green zone for your altitude. If using a canner without a temperature sensor, begin processing time when a steady stream of steam is visible from the vent hole(s).
8. Set the timer for the total minutes required for processing the food, adjusting for altitude. Processing time must be limited to **45 minutes or less, including any modification for elevation**. The processing time is limited by the amount of water in the canner base. When processing food, **do not** open the canner to add water.
9. Monitor the temperature sensor and/or steady stream of steam throughout the entire timed process. Regulate heat so that the canner maintains a temperature of 212°F. A canner that is boiling too vigorously can boil dry within 20 minutes. If a canner boils dry, the food is considered under-processed and therefore potentially unsafe.
10. At the end of the processing time, turn off the heat and wait 2 to 3 minutes. Carefully remove the lid, lifting the lid away from you.
11. Using a jar lifter, remove the jars without tipping and place them on a towel, leaving at least 1-inch spaces between the jars during cooling. Let jars sit undisturbed to cool at room temperature for 12 to 24 hours.



LEMON CURD

Source: Ottolenghi The Cookbook by Yotam Ottolenghi and Sami Tamimi

Yield: makes about 3-1/2 cups

1/2 cup plus 1 tbsp (200 ml) lemon juice (4 to 6 lemons)

grated zest of 4 lemons

1 cup (200 g) superfine sugar

4 free-range eggs

4 free-range egg yolks

3/4 cup (180 g) unsalted butter cut into cubes

1. Put all the ingredients in a large, heavy-bottomed saucepan, leaving out about half the butter. Place over medium heat and, using a hand whisk, whisk constantly while you cook the curd. Lower the heat if it starts sticking to the bottom of the pan. Once the curd reaches the boiling point, you will notice large bubbles coming to the surface. Continue whisking vigorously for another minute and then remove from the heat.
2. Off the heat, add the remaining butter and whisk until it has melted. Pass the curd through a sieve and into a plastic container. Cover the surface with plastic wrap, allow it to come to room temperature, and then chill for at least 6 hours, preferably overnight, for it to firm up well. It will keep in the fridge up to 4 days.

Note: In step 2, make sure you place the warm curd in a container you can freeze and place plastic wrap directly on top of the curd, so it does not develop a film. Then label and place in freezer.

IMPORTANT SAFETY NOTE:

If you want to can lemon curd in a water bath or atmospheric steam canner (as opposed to freezing your lemon curd), in order to ensure a **safe shelf-stable** product you ***must*** use the following lemon curd recipe from the National Center for Home Food Preservation. Other recipes for lemon curd found on the internet are *only* for freezing lemon curd to store it.

https://nchfp.uga.edu/how/can_02/lemon_curd.html

RECIPES USING PRESERVED CITRUS PRODUCTS

Fudgy Brownies With Orange Ganache

Source: Rachael Ray - www.rachaelraymag.com/recipe/fudgy-brownies-with-orange-ganache

Yield: 18 brownies

6 large eggs
1-1/2 tsp. pure vanilla extract
2-1/2 cups sugar
3 sticks salted butter, melted
2 cups natural unsweetened cocoa powder
3/4 cup whole-wheat pastry flour
1 lb. bittersweet or semisweet chocolate chips
1 cup heavy cream
1 tsp orange zest
Dried orange slices, for garnish

Preheat oven to 325°. In large bowl, whisk eggs and vanilla. Whisk in sugar, then butter. Stir in cocoa powder and flour. Pour into parchment-lined 9-by-13- inch baking pan. Bake until a toothpick comes out with moist crumbs attached, 35 to 40 minutes. Let cool. In medium pan, stir chocolate and cream over medium-low heat until melted; mix in zest. Frost brownies, garnish with Dried Orange Slices, and cut into pieces.

Lemon Lime Icebox Pie

Source: Betty Crocker - www.bettycrocker.com/recipes/lemon-lime-icebox-pie/c989d835-516c-4bfe-bd86-7a0583a8e569

Yield: 1 pie

2 cans (14 oz each) sweetened condensed milk (not evaporated)

6 egg yolks

1 teaspoon grated lemon peel

1 teaspoon grated lime peel

1/2 cup fresh lemon juice

1/2 cup fresh lime juice

1 large graham cracker crumb crust (9 oz)

Lemon and lime slices, if desired

1. Heat oven to 350°F. In medium bowl, mix condensed milk, egg yolks, lemon peel, lime peel, lemon juice and lime juice until blended. Pour into crust.
2. Bake 20 minutes or until center is set. Cool completely on cooling rack, about 1 hour. Cover; refrigerate 4 hours or until well chilled.
3. Garnish with lemon and lime slices. Store covered in refrigerator.

Fresh Fruit Pizza With Citrus Curd

Source: Adapted from Cooking Light - <https://www.myrecipes.com/recipe/fresh-fruit-pizza-with-lemon-curd>

1 (18-ounce) package refrigerated sugar cookie dough
Cooking spray
2 tablespoons seedless raspberry jam, melted
3/4 cup citrus curd
2 cups fresh raspberries
2 cups blackberries
1 cup sliced strawberries
1 plum, sliced
2 teaspoons sugar

1. Preheat oven to 350°F.
2. Press dough into a 12-inch pizza pan coated with cooking spray. Bake at 350° for 12 minutes or until golden brown. Cool completely on a wire rack.
3. Preheat broiler.
4. Spread jam over crust. Spread Lemon Curd over jam; arrange raspberries, blackberries, strawberry slices, and plum slices on top. Sprinkle sugar over fruit; broil 3 minutes.

Roasted Chicken With Lemon Curd

Source: Cooking Light - <https://www.myrecipes.com/recipe/roasted-chicken-with-lemon-curd>

1 (3-1/2 pound) chicken
1 tablespoon chopped fresh rosemary
2 teaspoons chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 garlic cloves, crushed
Cooking spray
1/2 cup Lemon Curd
3 large lemons, halved
Fresh rosemary sprigs (optional)

1. Preheat oven to 450°F.
2. Remove and discard giblets and neck from chicken. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
3. Combine the rosemary and the next 4 ingredients (rosemary through garlic). Rub mixture under loosened skin, and rub over breast and drumsticks. Lift wing tips up and over back; tuck under chicken.
4. Place the chicken, breast side up, on a broiler pan coated with cooking spray. Pierce the skin several times with a meat fork. Insert a meat thermometer into the meaty part of thigh, making sure not to touch bone; brush chicken with Lemon Curd. Arrange lemons around chicken. Bake at 450°F for 30 minutes. Reduce the oven temperature to 350° (do not remove chicken from oven), and bake for an additional 1 hour or until thermometer registers 180°. (Cover the chicken loosely with foil if it gets too brown.) Remove the chicken from the oven. Cover the chicken loosely with foil, and let stand for 10 minutes. Discard skin. Serve with lemon halves, and garnish with rosemary, if desired.

Orange Marmalade Vinaigrette

Source: Taste of Home - <https://www.tasteofhome.com/recipes/orange-marmalade-vinaigrette/>

Yield: 2 cups

3/4 cup orange marmalade
6 tablespoons white wine vinegar
1 tablespoon finely chopped red onion
1 tablespoon Dijon mustard
1 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup canola oil

In a small bowl, whisk the first seven ingredients. Gradually whisk in oil until blended. Refrigerate, covered, until serving. Whisk again just before serving.

Avocado Toast + Citrus Cumin Salt

Source: Healthy Happy Life - <https://healthyhappylife.com/classic-avocado-toast-citrus-cumin-salt/>

Yields: One serving

1 slice of rustic bakery bread, long slice

1 medium avocado

1 lemon

Red pepper flakes

Cumin

Coarse sea salt

Black pepper

Extra-virgin olive oil for drizzling

Citrus Cumin Salt: Zest the entire lemon. Place the lemon zest in a small bowl. Add about 1 tsp coarse sea salt to the bowl. Then add in about 1/4 tsp cumin. Add more cumin to taste if you want a bolder flavor. Add a few pinches of black pepper. Using your finger, swirl the citrus cumin salt around in the bowl to combine. It's ok if it clumps up a bit – that is what it is supposed to do. You can actually taste a tiny bit of the salt to check the flavor. It should be sharp, bright and bold! Add more cumin to taste, if desired. Set aside.

1. Mash 3/4 of the avocado in a small bowl along with 2 Tbsp of fresh lemon juice. Mash until mostly silky, but still slightly chunky. Set the other 1/4 of the avocado aside.
2. Toast bread.
3. Spread the avocado over top the bread. smooth out with a fork.
4. Slice the last 1/4 of avocado into four slices. Place the slices on top of the avocado toast, on top of the mash. Then top with a sprinkle of red pepper flakes, the citrus cumin salt and a squeeze of lemon juice. (Add all the toppings to taste.)
5. Slice into four pieces and serve.
6. Optional: A drizzle of extra virgin olive oil is a nice touch too!

Candied Citrus Peel Cookies

Source: Adapted from Paradise and Pennant Candied Fruit -

<https://www.paradisefruitco.com/recipe/candied-orange-peel-recipe-candied-fruit-cookies/>

Yields: Approximately 42 cookies

1/2 cup granulated sugar
1/2 cup packed brown sugar
3/4 cup shortening
1 large egg
1/4 cup dairy sour cream
1/2 cup raisins
1/2 cup chopped nuts
1/2 cup chopped candied citrus peel
1-1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/4teaspoon baking soda

1. Preheat oven to 375°F, grease cookie sheets.
2. Combine shortening, sugars, egg, sour cream, raisins, nuts and citrus peel. In a small bowl, stir together flour, baking powder, salt, cinnamon, cloves, and baking soda. Gradually add flour mixture to shortening mixture, stirring until blended.
3. Drop by rounded teaspoons 2" apart on cookie sheets.
4. Bake for 9 to 11 minutes or until edges are lightly browned. Let cool.

Preserved Lemon Couscous

Source: Adapted from McCormick Gourmet -

<https://www.mccormick.com/gourmet/recipes/salads-sides/preserved-lemon-couscous>

Yields: 6 servings

3/4 preserved lemon

3 tablespoons butter

3/4 cup finely chopped onion

3 bay leaves

1-1/2 cups water

1-1/2 cups couscous

1. Remove and discard pulp from preserved lemon. Rinse peel to remove excess salt. Finely chop peel (about 3 tablespoons). Set aside.
2. Melt butter in medium saucepan on medium heat. Add onion; cook and stir 2 minutes or until softened. Add preserved lemon and bay leaves; cook and stir 30 seconds. Add water. Bring to boil.
3. Stir in couscous. Cover. Remove from heat. Let stand 5 minutes or until all of the water is absorbed. Remove bay leaves. Fluff couscous with fork. Sprinkle with almonds, if desired, and serve.

Citrus Scouring Scrub

Source: Successful Homemakers - <https://successfulhomemakers.com/homemade-citrus-scouring-scrub/>

3 tbsp dried, ground citrus peels

3 tbsp borax

5 tbsp baking soda

Combine all ingredients in an old shaker container (such as an old parmesan container) and sprinkle wherever you need some touch scouring action! Simply use a wet sponge or cleaning rag to scrub over the area where you sprinkled the cleaner. Rinse the sponge (or rag) well and wipe up all of the cleaner.