

LEMON CURD & SHORTBREAD BARS

Finding California Meyer lemons in Vancouver in the dead of winter calls for a celebration: the kind that involves a spatula dancing around the pot to make curd. This silky smooth concoction is something I could eat by the spoonful, like Nutella. If one can resist eating the bowl clean, I would highly recommend that you lay it on a bed of shortbread and bake into luscious zesty and buttery bites. The curd can be made ahead and stored in the refrigerator or freezer. And you can use regular lemons that are readily available. - Joy

Yields: one 9"x13" baking pan – about 24 slices of 2.25"x 2.2" bars

Ingredients

For the Lemon Curd

- 6 tablespoons unsalted butter, at room temperature
- 1 cup white granulated sugar
- 2 large eggs
- 2 large egg yolks
- 2/3 cup fresh lemon juice
- zest of all the lemons

For the Shortbread

- ½ cup confectioner's sugar
- 1 ½ cups all purpose flour
- 1 ½ sticks or ¾ cup unsalted butter, at room temperature
- ¼ cup oat flour or ½ cup pine nuts (optional)

Preparation

For the Lemon Curd

1. Cream butter and sugar on medium speed in a bowl of a stand mixer fitted with paddle attachment. Beat until light and fluffy. Add the eggs and yolks, and mix until combined. Pour lemon juice and mix. Resulting mixture will not be homogenous and will have butter curds – don't worry.
2. Pour into a heavy bottom pan and cook over medium heat. Stir constantly with a wooden spoon or spatula until it thickens, about 10 to 15 minutes, or until the curd reaches 170°F. Don't allow it to boil or it will curdle. It is done when it coats the back of the spoon or spatula, and when you wipe it with your finger it will leave a trail. Transfer to clean bowl and set aside.

For the Shortbread Crust

1. Preheat oven to 350°F. Butter a 9"x13" baking pan. Measure flour(s) into the bowl of a stand mixer fitted with the paddle attachment. Sift confectioner's sugar over it and stir on low. Add butter and continue to beat on low speed until smooth dough forms.



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Please email us at gourmeted@gmail.com if you have questions. Enjoy and happy baking!

2. Transfer dough into greased pan and press evenly onto the bottom, raising the dough on the sides to about ½ inch.
3. Cover crust with parchment paper and fill with pie weights. Bake for 25-35 minutes, until the crust becomes golden brown, rotating halfway through. Pull out of the oven rack and remove the parchment paper with pie filling.

Assembling Curd and Crust

Quickly pour the lemon curd directly into the hot pan. Then reduce oven temperature to 300°F. Bake crust with curd for 35 to 45 minutes, until the center of the curd is no longer wobbly and is set (but it will not become solid either). Cool completely on a wire rack. Cover and chill for 3 hours before cutting. It is best to let it set overnight for easier cutting. Use a sharp knife to cut to desired dimensions.

You can dust the tops of the bars with confectioner's sugar. Or you can also top it with whipped cream.

Storage: Bars will keep in an airtight container for up to 4 days when refrigerated

Do Ahead: Curd can be made ahead of time, and refrigerated for a week and frozen for up to 4 months.



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