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food and recipes

Lemon Treats

WRITER/FOOD STYLIST JENNIFER CHANDLER
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NOTHING SAYS SUMMER MORE THAN BRIGHT, SUNNY LEMONS. THE TART, REFRESHING JUICE FROM THIS YELLOW CITRUS FRUIT IS THE BASIS FOR SOME OF THIS SEASON'S FAVORITE TREATS.



Lemon Bars

LEMONADE IS THE QUINTESSENTIAL SUMMERTIME BEVERAGE. A FOURTH OF JULY CELEBRATION WOULD NOT BE COMPLETE WITHOUT THIS THIRST-QUENCHING LIBATION. THERE IS PROBABLY NOT A PERSON IN THIS COUNTRY WHO DOES NOT HAVE A FOND MEMORY OF SETTING UP A LEMONADE STAND IN THE FRONT YARD. THE RECIPE IS SIMPLE...JUST ADD WATER TO THE FRESHLY SQUEEZED JUICE AND SWEETEN TO YOUR LIKING WITH SUGAR.

FOR A TWIST ON THIS AMERICAN CLASSIC, FREEZE THE LEMONADE À LA AN ITALIAN GRANITA. FOR AN ADULT VERSION, CONSIDER ADDING A LITTLE VODKA TO THE CONCOCTION BEFORE FREEZING.

LEMON JUICE IS ALSO THE BASE FOR SOME DELICIOUS BUT EASY DESSERTS.

A LEMON TART WITH A GRAHAM CRACKER PECAN CRUST IS SURPRISINGLY SIMPLE AND MAKES AN ELEGANT ENDING TO A MEAL. TART LEMON BARS ARE A POPULAR SNACK FOR KIDS OF ALL AGES.

MIXING A LITTLE LEMON JUICE INTO A HOMEMADE BUTTERCREAM RECIPE CAN TURN A PLAIN CUPCAKE INTO A LUSCIOUS TREAT.

JUST REMEMBER TO TAKE THE EXTRA TIME TO USE FRESHLY SQUEEZED JUICE. THE PROCESSED, BOTTLED VARIETIES AVAILABLE IN THE SUPERMARKET CANNOT EVEN COMPARE TO THE REAL THING.



Frozen Lemonade

FROZEN LEMONADE

4 cups water
1 cup granulated sugar
1 1/2 cups freshly squeezed lemon juice

In a small saucepan, heat the water and the sugar until the sugar dissolves. Transfer the syrup to a bowl to cool to room temperature.

Stir in the lemon juice.

Pour the mixture into a roasting pan or baking dish. The dish should be large enough so the liquid is not more than 1-inch deep. Freeze the mixture for 1 hour. Remove from the freezer, and scrape with two forks to break up the ice. Return to the freezer, and freeze until solid, about 2 to 3 hours, scraping with forks every hour or so. The ice should have a feathery, flaky texture.

LEMON BUTTERCREAM FROSTING

From *The Cake Doctor* by Anne Byrn

Makes 3 1/2 cups (or enough for 3 dozen cupcakes)

8 tbsp. (1 stick) butter, at room temperature
3 3/4 cups confectioners' sugar, sifted
1/4 cup freshly squeezed lemon juice
1 tsp. grated lemon zest

Place the butter in a large mixing bowl. Blend with an electric mixer on low speed until fluffy, 30 seconds. Stop the machine, and add the confectioners' sugar, lemon juice and lemon zest. Blend with the mixer on low speed until the sugar is incorporated, 1 minute. Increase the speed to medium, and beat until light and fluffy, 1 minute more.

LEMON BARS

From *Barefoot Contessa Parties!* By Ina Garten

Makes 40 triangles

For the crust:
1/2 lb. unsalted butter at room temperature
1/2 cup granulated sugar
2 cups all-purpose flour
1/8 tsp. kosher salt



Lemon Tart

For the filling:

- 6 extra-large eggs at room temperature
- 3 cups granulated sugar
- 2 tbsp. grated lemon zest
- 1 cup freshly squeezed lemon juice
- 1 cup all-purpose flour

Preheat the oven to 350° F.

For the crust, cream the butter and sugar until light in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board, and gather into a ball. Flatten the dough with floured hands, and press it into a 9- by 13- by 2-inch baking sheet, building up a 1/2-inch edge on all sides. Chill.

Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool on a wire rack. Leave the oven on.

For the filling, whisk the eggs, sugar, lemon zest, lemon juice and flour. Pour over the crust, and bake for 30 to 35 minutes, until the filling is set. Let cool to room temperature.

Cut into triangles, and dust with confectioners' sugar.

LEMON TART

Serves 8

For the crust:

- 2/3 cup pecans, lightly toasted and cooled
- 1 cup graham cracker crumbs
- 1/4 cup sugar
- 1/2 stick unsalted butter, melted and cooled

For the filling:

- 2 large egg yolks
- 1 14 oz.-can sweetened condensed milk
- 1/2 cup freshly squeezed lemon juice

Preheat oven to 350° F.

In a food processor, finely grind the pecans with the graham cracker crumbs and the sugar. Blend in the butter.

Press the mixture onto the bottom and sides of a 9-inch pie dish (I prefer a tart pan with removable sides) and bake until lightly browned, about 8 minutes. Let the pie crust cool on a rack.

In a large bowl, beat the egg yolks with the condensed milk. Whisk in the lemon juice, a little at a time, until the filling is well mixed. Spoon the filling into the pie crust.

Bake for about 15 minutes, or until the filling is set. Let the pie cool on a rack. Then chill for at least one hour.

Garnish with whipped cream and fresh berries. ●

Accessories supplied by The Gift and Art Shop.



Lemon Buttercream Frosting