



Lemon Charlottes with Lemon Curd and Candied Lemon Peel

READY IN



45 min.

SERVINGS



6

CALORIES



632 kcal

SIDE DISH

Ingredients

- ☐ 4 large egg yolks
- ☐ 2 large eggs
- ☐ 42 purchased ladyfingers soft (from two 3-ounce packages)
- ☐ 0.5 cup juice of lemon fresh
- ☐ 4 lemons
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 2 cups water

- ☐ 1.3 cups whipping cream chilled

Equipment

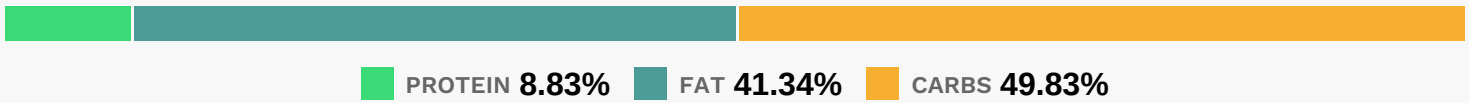
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ pastry bag
- ☐ peeler

Directions

- ☐ Line small baking sheet with foil. Using vegetable peeler, remove peel from lemons in long strips (yellow part only).
- ☐ Place in small saucepan.
- ☐ Add enough cold water to cover generously; bring to boil.
- ☐ Drain. Repeat blanching 2 more times.
- ☐ Cut lemon peel into 1/8-inch-wide strips. Bring 2 cups sugar and 2 cups water to boil in medium saucepan, stirring until sugar dissolves. Boil gently 5 minutes.
- ☐ Add lemon peel; simmer until peel is translucent, about 15 minutes. Using slotted spoon, transfer peel to prepared sheet; sprinkle 1 cup sugar over and toss to coat.
- ☐ Let dry at room temperature 2 hours.
- ☐ Transfer lemon peel mixture to airtight container.
- ☐ Pour syrup into bowl. (Candied lemon peel and syrup can be made 3 days ahead. Store peel at room temperature. Cover and chill syrup.)

- ☐ Whisk egg yolks, whole eggs, sugar, lemon juice, and salt to blend in top of double boiler over barely simmering water (do not allow bowl to touch water); whisk constantly until mixture thickens and instant-read thermometer registers 160°F, about 6 minutes.
- ☐ Transfer to glass bowl; place plastic wrap directly on surface; refrigerate overnight.
- ☐ Finely chop enough candied lemon peel to measure 1/4 cup; place in small bowl.
- ☐ Mix in 1/2 cup lemon curd; cover and chill. Beat whipping cream in large bowl until peaks form. Fold 1 cup whipped cream into remaining lemon curd; cover and chill. Cover remaining whipped cream; chill.
- ☐ Line six 3/4-cup soufflé dishes (3 inches in diameter with 1 1/2-inch-high sides) with plastic wrap, leaving 3-inch overhang.
- ☐ Cut ladyfingers into 2-inch lengths, reserving ends. Stand 7 ladyfinger pieces upright side by side, rounded side out, around inside rim of each dish.
- ☐ Place reserved end pieces of ladyfingers in bottom of each dish, covering completely.
- ☐ Brush ladyfingers lightly with lemon syrup. Spoon 1/4 cup lemon cream mixture into center of each dish. Gently spread generous 1 tablespoon lemon curd-peel mixture over top of each. Chill at least 2 hours. (Can be made 1 day ahead. Cover; keep chilled.)
- ☐ Using plastic wrap as aid, lift charlottes out of soufflé dishes. Carefully peel off plastic wrap.
- ☐ Place on plates. Spoon reserved whipped cream into pastry bag fitted with medium star tip. Pipe whipped cream rosette atop each charlotte.
- ☐ Sprinkle each with candied lemon peel.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:18.65, Inflammation Score:-7, Nutrition Score:16.079565312551%

Flavonoids

Eriodictyol: 16.37mg, Eriodictyol: 16.37mg, Eriodictyol: 16.37mg, Eriodictyol: 16.37mg Hesperetin: 23.03mg, Hesperetin: 23.03mg, Hesperetin: 23.03mg, Hesperetin: 23.03mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 631.56kcal (31.58%), Fat: 29.84g (45.91%), Saturated Fat: 15.72g (98.26%), Carbohydrates: 80.92g (26.97%), Net Carbohydrates: 78.07g (28.39%), Sugar: 28.84g (32.04%), Cholesterol: 410.6mg (136.87%), Sodium: 167.98mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.67%), Vitamin C: 46.33mg (56.15%), Vitamin B2: 0.58mg (34.18%), Vitamin A: 1427.48IU (28.55%), Phosphorus: 252.32mg (25.23%), Folate: 97.64µg (24.41%), Iron: 3.87mg (21.49%), Vitamin B1: 0.29mg (19.26%), Selenium: 13.41µg (19.16%), Vitamin B5: 1.74mg (17.44%), Vitamin B12: 1.03µg (17.1%), Vitamin B6: 0.25mg (12.31%), Vitamin D: 1.74µg (11.59%), Calcium: 115.43mg (11.54%), Fiber: 2.85g (11.39%), Manganese: 0.22mg (11.06%), Zinc: 1.54mg (10.24%), Vitamin B3: 1.76mg (8.79%), Potassium: 290.27mg (8.29%), Copper: 0.14mg (7.18%), Vitamin E: 1.06mg (7.08%), Magnesium: 23.05mg (5.76%), Vitamin K: 1.72µg (1.63%)