



Lugar do Olhar Feliz

## Citron Cédrat, Cidra, Cedro, Zedrate (*C. medica* L.)



**Cultivation :** Subtropical citrus fruit 9b hardiness, extremely sensitive to wind, must be grown in a protected area The low production in Europe (Italy, Corsica) is handicapped by the cold winds of the Mediterranean.



Organic cultivation is rare. There is intensive use of pesticides and fungicides for production of citrons for religious use.

old trees. They flower in spring and fall with abundant fruit production beginning on 4 year

**Harvest :** October - February in the northern hemisphere. The peel contains the maximum of essential oils when it changes from green to yellow. The taste and fragrance evolve with the maturity, but with a loss of green notes and an increase in warm notes.

**Conservation :** Freezing the peel is recommended. When picked during a dry period keeps for about a week in a dry cool environment.

**Qualité :** Fruit should be firm. Flavour is more or less citrus-like depending on the variety. The most classic flavour is found in the Etrog or Diamante varieties

**Flavour/Fragrance :** subtle, round, sweet, evokes subtropical flowers

**Uses in cooking :**

### Zest

**1. In liquids :** The best way to flavour a liquid is by soaking the peel in it. Flavoured water (soak peel for 30 min. - 4h), green tea, citron syrup (on almond icecream *Sora Lella Rome*), with dairy products, cream, liqueur (3 days soaking in 95° alcohol, cut with syrup to below 40° 300 g/l of sugar in finished liqueur- excellent in champagne, wine (soak for 12h, surprising in red wine) citron vinegar : soak for 24h, use quickly, excellent on oysters. citron olive oil (soak in oil for 30 min. to 1h *Pliny*), citron honey : soak for 2 months.

**2. Condiment in savoury dishes :** Finely zested with a Microplane it can be used instead of truffles or Madeira or Jerez wine, to make jelly (to be served with foie gras), grated peel on white melon, on fish (*crayfish with citron sabayon - J.L. Aubert*), it is also excellent on eggs. Can also be used in marinades (*Roasted wild boar with citron - Michel Guiraud*), or lamb tagines.

Use the entire peel when cooking in a papillote, or steamed with fish, (*red mullets with -Le Cinq av. G.V.*), (*Chervil with citron -Didier Routier*),

**3. Sweet :** jams, jellies... Use the candied peel in fruit cake, Panettone, (*yoghurt with citron -Tour d'Argent*), crème brûlée with citron, (*Mango tatin with citron -Chamarré*), (*Almond milk with citron - Antonin Careme*)

### Peel and white part :

Sicily : Very thin slices of citron dusted with icing sugar and frozen. Eat while still frozen.

Carpaccio of thin slices of citron with olive oil.

### Highlights :

- Soaking should be short, even very short. (except honey)
- Goes well with chocolate, carobs, melons, figs, strawberries or eggs
- The white part of the peel is compact, crunchy with no bitter taste



Citron/ Cédrat / Zedrate