



Lugar do Olhar Feliz

Kaffir lime, Combava, Kaffernlimette (*Citrus hystrix*)



Leaves are leathery with glossy dark green top, lighter matte green bottom; strongly winged petiole.

Cultivation : Equatorial citrus fruit 9b hardiness, outdoor cultivation, grows in the same climate as bergamot trees. The fruits and leaves are presently imported to Europe from the southern hemisphere (Madagascar and Reunion island) or Thailand.

Not susceptible to leaf miner. Possible to cultivate without insecticides or fungicides. For organic cultivation only certified fertilizers may be used. Poncirus is generally used as rootstock and does not alter flavour. Repeat flowering and abundant fruit production begin on 3 year old trees.

Harvest : Fruit : Northern hemisphere : Sept. to Oct. Leaves : all year

Conservation : Fresh fruit : 3 days between 6 et 8° . Freezing recommended

Drying leaves or zests : flavour and scent reduced. Drying should be at 40°C until totally dry, conserve in dry air environment. To re-hydrate leaves soak in water for ½ hour before use.

Quality : Fruit : choose firm, green fruit. Leaves : choose dark green leaves.

Flavour/Scent : Intense, with notes of lemongrass, lime, pine, neroli.

Use in cooking : Kaffir limes have a distinctive aroma, not used in commercial cooking or the perfume industry.

A strong condiment, with many possible uses when cooked (boiled, grilled, wok, etc..) or raw (grated peel). It has a flavour that is similar to lemongrass.

Kaffir limes have only recently been introduced in cooking in moderate climates. The majority of recipes come from south-east Asia (India, Thailand, Laos, Indonesia, Malaysia, etc..) where it is a main or secondary condiment in rougail, curry, spicy sauces, sambal, chilli . Kaffir lime is used as a condiment for cold cuts, fish, prawns, shrimps, poultry and pork . It is frequent used in soups (Thai chicken prawn soup) and also with mangos, edamane or bananas. It works well with lemongrass, coconut, rice, chilli, pepper, ginger, galangal, basil, garlic.

International cuisine: Kaffir lime jelly (sweet [Philippe Latour with cheese] - savoury [Pierre Gagnaire light jelly]) with fish, poultry, omelettes or dairy products. Flavours salt or olive oil for seasoning. Leaves or peel liven up cold sauces, mayonnaise, salad dressings etc.

Used with chocolate in pastries. Pleasantly scents honey.

Beverages : liqueurs, with tea, rum punch, vodka, gin, smoothies.

Highlights :

- a flattering flavour for savoury dishes
- may become bitter if marinated for too long
- flavours poultry, fish, potatoes or pasta
- good results in sous-vide cooking or with cooking foil
- good alternative in salt-free cooking
- can cause slight allergic reactions
- Combava was the name of the Indonesian island Sumbawa



Combava / Kaffir lime / Kaffernlimette

Link :

<http://olharfeliz.typepad.com/citrus>