



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 fongicides for production of citrons for religious use. They flower in spring and fall with abundant fruit production beginning on 4 year old trees.

Harvest : October - February in the northern hemisphere. The peel contains a 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.

Conservation : Freezing the peel is recommended. If picked during a dry period then they keep for about a week in a dry environment

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

Flavour/Scent : subtle, round, soft, evokes subtropical flowers

Uses in cooking :

Peel

1. Liquid : The best way to flavour liquids is by soaking the peel in it. Flavoured water (soak peel for 30 min. - 4h), green tea, citron syrup on almond icecream, 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), citron honey : soak for 2 months.

2. Condiment in savoury dishes : Zest with a Microplane it can be used like truffles or Madeira or Jerez wine to make jelly (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
- The white part of the peel is compact, crunchy with little taste



Citron/ Cédrat / Zedrate

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