



Lugar do Olhar Feliz



Yuzu ユズ (ja) 日本柚子 = 柚子 "Youzi = pamplemousse" + 香橙 "Xiangcheng = yuzu" (ch).

(hybride *Citrus ichangensis* x *C. reticulata* ex c. *junos*)

Citrus fruit condiment grows up to 36° latitude in Japan (37.5° in Europe). Hardiness 9a. Needs lots of light. The best Asian quality is grown in the mountains south of the 34° parallel N, (Tokushinma Jp). It is generally grown from un-grafted trees.

Harvest : Is harvested green in the northern hemisphere in August/September and yellow in November/December.

Conservation : Fruit with stems attached can be kept at 7° for 1-2 weeks. The fresh zest can be kept in a moist paper towel in the refrigerator at 5° for 2 days. Freezing is recommended to conserve zests and juice.

Taste/Fragrance :

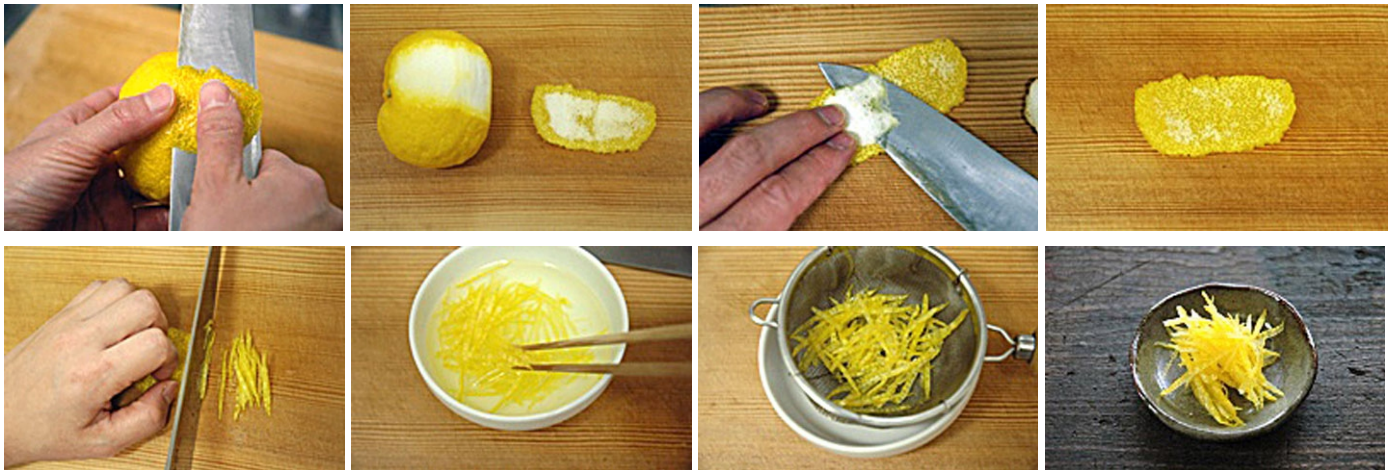
Green Yuzu : juice is sharp and enhances rice, grilled meat, mussels.

Yellow Yuzu : juice is not very acidic, tends to have a rounded mandarin type flavour. Zests are mandarin-like, less sweet.

Uses :

1 Yellow Yuzu zest

1.1 Zest without the pith (source <http://www.sirogohan.com/yuzusengiri.html>)



Remove a zest, remove the pith, slice in thin slices and place in a small amount of cold water immediately, drain and can be stored in moist a paper towel 2 days in the refrigerator. Remaining water can be used in cooking.

The zest is used ● in Japanes O'zoni soups for the New Year . Cold soups : Dashi (seaweed bouillon) and sauces bound with Yuzu – (F. Adrià).

● on salads,

● with eggs : savoury pudding with Yuzu zests. "chawanmushi", Soufflé au Yuzu. (J. Robuchon).

● with seafood : Yuzu ionisation. - (F. Adrià)

● with raw fish : Tartare de bar, Yuzu en gelée – Y. Alléno. Limande mariné sauce de soja et Yuzu – (E. Ripert.)

Carpaccio de Turbot Yuzu jaune et vert (A. Senderens.) Dentelle de St.pierre cru, shiso & Yuzu – (Troisgros)

● With cooked fish : cabillaud étuvé, sel et Yuzu – (A. Bourdas), Turbot low temperature, gremolata de Yuzu - (A. Donckele). Dorade gelée et cubes de citron, bergamote et Yuzu – (A. Ducasse). Bar vapeur, berberechos (coques, basse température) con Yuzu – (F. Adrià). Flocon de Yuzu et meringué de langouste – (F. Adrià).

laqué au Yuzu – (OZU).

● to marinate radishes.

- to make Yuzu liqueur : zeste 3 days in 95° alcohol then dilute with sugar syrup. Used in wine or sake.
- with duck : Manchons de canard grillés, achards tomate et Yuzu. – (A. Heerah). Pot au feu de canard au Yuzu. marinade du canard : sirop d'érable, sésame noir, genièvre, zeste de Yuzu., Yuzu dans la cuisson – (Kei Kobayashi). Flan de foie au caviar de Yuzu. – (E. Leftick). Excellent : foie gras oie dans gelée de Yuzu.
- Côte de veau condimentée Yuzu.- piment – (Troisgros)
- With vegetables : Yuzu, fenouil et olives vertes. – (F. Adria), Amanite des Césars + zeste de yuzu
- With cheeses : Fromage de chèvre frais, zeste de Yuzu et pain au Yuzu. – (A. Senderens)
- Pastry & sweets : Jams. Mousse au Litchi, sorbet Yuzu – (P. Bohrer). Glace au Yuzu – (R. van Damne). Croquant de Yuzu et vagues de lime avec Mojito sorbet –(Fouquets). 1000 feuille Azur : Pâte feuilletée caramélisée, gelée de yuzu, crème chocolat, sablé chocolat, sablé vanille – (Pierre Hermé). Granité menthe, sorbet coco, billes de Yuzu – (Restaurant Ria Chicago). Milk crunch au Yuzu (S. Herman). Baba au sake de Yuzu, Soufflé aux poires Yuzu vert, Macaron basilic et Yuzu – (A. Senderens).

1.2 Zests with pith : candied. In Korea the whole zest is marinated for a few weeks in honey, with sugar and the Yuzu juice and is then served with hot or cold water to make Yujacha .(Yuzu tea is used to fight colds in the winter)

2. The Juice (beware some bottled juices have lemon or lime juice added)

2.1 Green yuzu : in drinking water, beer, liqueurs, wine (Yuzu Bar Nice) with raw or cooked shell fish, grilled tuna

2.2 Yellow yuzu

- Seafood & Shellfish, : Chaud-froid de crevettes curry de basilic, mousse de lime et Yuzu – (A. Caminada). Ceviche de saint-jacques, concombre radis, vinaigrette de Yuzu (Heston Blumenthal). Crabe mou sauce Yuzu huile d'olive – (N. Matsuhisa) Saint-jacques, jus Yuzu et chou pak choi - (B. Nadolny). Tempura de homard et aioli de Yuzu. – (A. Stratta). Saint-jacques marinées avec jus de Yuzu, fleur de sel – (Villemin, Toya), Huître yuzu et gelée de mirin (Lamont's Bishop House)
- Poisson Lotte pochée au jus de Yuzu Cabillaud piqué d'écorce de Yuzu – (A. Senderens). Anguilles à la nage au Yuzu. – (Troisgros).
- Foie gras sauce au miso de Yuzu – (A. Senderens). Canard au Yuzu jaune et vert – (A. Senderens).
- Meat : Brochettes de porc marinées au jus de Yuzu
- Sauces : yuzukosho «Yuzu & hot peppers». Ponzu : recipe Heston Blumenthal 65g sake, 2 whole Yuzu, 1 sudachi, 700g mirin, 525g rice vinegar, 550g tamari sauce soja, 110g usu kuchi shoyu sauce soja, 10g katsuo bushi (dried bonito flakes) , 15g kombu. Mayonnaise au Yuzu – (P. Gagnaire), Pickles with Yuzu.
- Crème de chou-fleur, gelée de Yuzu and persimmon marmelade – (P. Gagnaire)
- With cheese : Petits pois et chèvre tossed in Yuzu vinaigrette – (Cass House)



Retenir : 1 kg = 9 yuzus. ● Yuzu is often falsely translated as citron or Cedrat
 ● Fruit is rarely perfect, small spots are frequent and unimportant : tree has many long spines. ● Yuzu limonoids improve blood circulation. D-limonène, limonoids and hesperidine – efficient against cancer – are all present in the Yuzu.

3. The seeds : rich in pectin

Dry seeds + alcohol at 25° + a few zests : soak for 1 semaine = softening anti-wrinkle hand and face cream

4. Whole fruit : used in bath water at the winter solstice provides energy and protection from rheumatism. Seeded can be used to make Yuzu curd.

5. Yuzu follies : ● Gregory Brainin chef "Jean-Georges" (New-York) had 36 Yuzu recipes on his menu, sprayed Yuzu juice on Scallop dishes at the table ● El Bulli : Yuzu snow-sorbet with a warm spring pea & sesame sauce



Note à note : Yuzu/lemon balm (Josiah LA), Yuzu/sage (with eggs), yuzu /ginger syrup (bar Lisa Lucheta) Yuzu Sorbet / spring pea & sesame sauce(El Bulli), Yuzu/coconut (Brésil), Yuzu kosho (yuzu hot pepper)

Zeste de yuzu vert levés à la brosse pour les suchis (Taiwan ipeen.com.tw)