

# PARISH LIFE IN ISO



***It's lemon season and many of our parishioners are busy baking, preserving and juicing to make use of bumper winter crops. When life gives you lemons make...***

## **ONE BOWL LEMON YOGHURT CAKE**

*This deliciously moist cake could not be easier. You're not going to use up a heap of lemons here, but you'll enjoy afternoon tea immensely.*

### **Ingredients**

1¾ cups sugar  
2 eggs  
½ tsp salt  
3 tsp lemon juice  
Rind of 2 lemons  
¾ cup oil  
1 cup natural yoghurt  
2 cups self-raising flour



### **Method**

In a bowl, mix rind, oil, eggs and sugar with a fork. Add remaining ingredients and combine well. Pour into greased ring tin and bake at 180C for 30 minutes. Leave to cool then turn out and dust with icing sugar.

## **PRESERVED LEMONS**

*A delicious ingredient in Middle Eastern cooking, preserved lemons will keep in the pantry for a year, and once opened, in the fridge for months.*

### **Ingredients**

250g course salt  
10 lemons  
1 bay leaf  
3 cloves  
1 cinnamon stick  
Extra lemon juice

### **Equipment**

Sterilised glass jars (wide-mouthed is easiest)  
Large plastic tub



### **Method**

Scrub lemons, dry and cut into quarters. Sprinkle bottom of jars with a little of your salt. Put lemons into the tub with the remaining salt and massage quite vigorously. You want them to soften just a bit. Push lemon quarters into jars with skin faced out. While you're pushing lemons in add pieces of cinnamon, bay leaf and cloves. You need to squish the lemons into the jars very firmly to release their juice. Once nearly filled, cover the lemons with the salt and juice from the tub. You might need to add some extra lemon juice. Wipe lip of jars with clean

cloth and seal tightly. Leave for one month in the pantry or other cool spot, and then the lemons are ready to use. Refrigerate once opened.

## **LIMONCELLO**

*This famous Italian liqueur is traditionally served chilled as an after-dinner digestive. You're only using the peel of lemons so any leftover lemons can be juiced to make lemonade for the kids.*

### **Ingredients**

1 litre of vodka (80 to 100 proof)  
8 lemons  
1 litre of water  
1 kg of sugar

### **Method**

Using a vegetable peeler, peel the lemons aiming for as little pith as possible. Place the peels in a large glass jar, add the vodka and seal the jar tightly. Store in a cool, dark place and leave to infuse for at least 4 days and for up to a month.

Once infused, strain the vodka to remove the peel. The finer the strain, the clearer the limoncello.

Combine the litre of water and the kilo of sugar in a heavy based saucepan and heat to make a sugar syrup.

Combine the vodka infusion and the sugar syrup and bottle your limoncello. If you'd like the liqueur to be less sweet you can add less sugar syrup.

Chill the limoncello in the fridge or freezer for at least four hours before drinking.

Limoncello can be kept in the fridge for up to a month or the freezer for up to a year.



## **LEMON BUTTER**

*Although lemon butter (or lemon curd) uses more eggs than it does lemons, this old fashioned favourite is still a worthy entry here.*

### **Ingredients**

4 eggs  
¾ cup sugar  
½ cup lemon juice  
¼ cup water  
2 teaspoons grated lemon rind  
125g butter

### **Method**

Put beaten eggs and sugar in a heatproof bowl and stir until combined. Gradually add lemon juice and water, stir until combined. Add roughly chopped butter and lemon rind and place bowl over a saucepan of simmering water. Stir until mixture thickly coats the back of a spoon. Pour into hot, sterilised jars and seal. Store in the fridge



***Stories or recipes to share? We'd love to hear what you've been up to in ISO. Email [jac.radcliffe@cam.org.au](mailto:jac.radcliffe@cam.org.au) to contribute to Parish Life in ISO***