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Vegan Lemon Curd Recipe

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Vegan Lemon Curd Recipe

Lemon curd has always been a beloved staple in kitchens worldwide, prized for its tangy, sweet, and luscious flavor. However, traditional lemon curd is made with eggs and butter, which aren't suitable for a vegan diet. This vegan lemon curd recipe maintains the bright citrusy tang and creamy texture, while relying on plant-based ingredients. Made primarily from coconut cream and lemon juice, it offers a dairy-free, egg-free alternative that will satisfy your cravings while keeping your meals vegan-friendly.

In this extensive guide, we will explore not only the step-by-step instructions for making vegan lemon curd but also delve into the ingredients, substitutions, tips for perfecting the curd, and nutrition information. By the end of this article, you will have a comprehensive understanding of how to prepare the best vegan lemon curd for any occasion.

Ingredients:

- 1 cup coconut cream (from a chilled can of full-fat coconut milk)
- 1/2 cup fresh lemon juice (about 2-3 lemons)
- 1/2 cup granulated sugar (or a sugar alternative like coconut sugar)
- 2 tbsp cornstarch (or arrowroot powder)
- 1 tbsp lemon zest
- 1/8 tsp turmeric (optional, for color)
- 1/2 tsp vanilla extract
- Pinch of salt

Instructions:

1. **Prepare the Coconut Cream:**
   - Scoop out the solid coconut cream from a chilled can of full-fat coconut milk. Set it aside.
2. **Make the Lemon Mixture:**
   - In a saucepan, whisk together the lemon juice, sugar, cornstarch, lemon zest, and turmeric (if using).
   - Heat over medium heat, stirring constantly until the sugar dissolves.
3. **Add the Coconut Cream:**
   - Add the coconut cream to the lemon mixture. Continue to whisk and cook until the mixture begins to thicken, about 5-7 minutes.
4. **Simmer:**
   - Reduce the heat to low and let the curd simmer for 1-2 minutes, stirring constantly. The mixture should thicken into a pudding-like consistency.
5. **Add Vanilla & Salt:**
   - Remove from heat and stir in the vanilla extract and pinch of salt.
6. **Cool & Store:**
   - Let the curd cool to room temperature. It will thicken further as it cools.
   - Transfer to a jar or airtight container and refrigerate for at least 2 hours before serving.
7. **Serving Ideas:**
   - Serve with toast, scones, or as a filling for vegan cakes and tarts.

Tips for Success:

1. **Use Fresh Lemons:** The quality of the lemon juice will directly impact the flavor. Freshly squeezed juice is far superior to bottled varieties.
2. **Control Thickness:** If you like your lemon curd thicker, add an additional tablespoon of cornstarch. For a thinner curd, reduce the cornstarch by half.
3. **Adjust Sweetness:** If you prefer a sweeter curd, you can add up to 3/4 cup of sugar. For those who like their curd more tart, stick to the 1/2 cup.
4. **Don't Skip the Strain:** If you want an extra-smooth curd, strain it through a fine-mesh sieve before refrigerating. This will remove any bits of zest or undissolved cornstarch.

Nutritional Information (per 2-tbsp serving):

- **Calories**: 70 kcal
- **Fat**: 4g
- **Carbohydrates**: 9g
- **Protein**: 0g
- **Fiber**: 0g
- **Sugar**: 7g
- **Sodium**: 5mg

This **vegan lemon curd** is creamy, tangy, and perfect for those who are looking for a plant-based version of the classic curd. It's versatile and can be used in many desserts or as a spread. The coconut cream adds a rich texture, while the lemon juice keeps it bright and zesty!

Storage and Shelf Life:

This vegan lemon curd can be stored in an airtight container in the refrigerator for up to **7 days**. Be sure to keep it chilled, as it will lose its thick consistency if left at room temperature. You can also freeze the curd for up to 2 months, but make sure to thaw it in the fridge overnight before use.

FAQs:

Can I make this lemon curd without coconut cream?

Yes, if you're not a fan of coconut, you can substitute the coconut cream with a vegan butter substitute or even almond milk, though the texture will be slightly less rich.

What can I use as a sweetener substitute?

If you want to avoid granulated sugar, you can substitute it with agave syrup, maple syrup, or a sugar alternative like monk fruit sweetener.

How do I make this curd without cornstarch?

You can use arrowroot powder or tapioca starch as an alternative thickener. Both work just as well but may require a bit more cooking time.

This vegan lemon curd is proof that you don't need eggs or dairy to create a rich, creamy, and delicious lemon spread. The natural sweetness from the coconut cream, combined with the tartness of fresh lemon juice, results in a luscious, versatile curd that can be enjoyed in so many ways. With just a few simple ingredients, you can create a dessert topping that will impress both vegans and non-vegans alike.

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