

SAVEUR

FOOD

10 INGREDIENTS WE'RE OBSESSED WITH

What's inspiring the minds—and kitchens—of some of our favorite chefs

BY [SAVEUR EDITORS](#) POSTED 7 HOURS AGO



Photo: Left: Matt Taylor-Gross | Right: Paul Sirisalee

MEYER LEMONS

When it's rainy here during San Francisco winters and you're missing the berries and peaches, along comes a Meyer lemon. It doesn't smell anything like a regular lemon. The skin's thinner and it's more perfume-y and floral and the scent just pulls you in. And the flavor! Oh, the flavor. It has a mild version of the acidic kick that you're used to in a run-of-the-mill lemon, but with more intense sweetness, and you can taste that aromatic, floral note in anything its juice or rind touches, too.

We never had them on the East Coast, where I grew up. I'd never even heard of them. But after I moved out West and discovered them, I purposely killed the rhododendrons in our yard by yanking them out and put Meyer lemon trees in their place. I feel spoiled, having nine trees in my front yard. I stop the car and look at them sometimes from my driveway, because I can't believe that in the freak of nature that is California, they actually grow a stone's throw from my house.

Make them into a curd—you can use it so many ways. I like to sandwich it between cookies or layer it into a bowl with fresh whipped cream and crushed meringues for an Eton mess. It's great with fruit, too, or even on its own. I promise, you'll never even realize you're months away from peach season. — Pastry Chef Emily Luchetti

RECIPES

MEYER LEMON SHORTBREAD COOKIE SANDWICHES

BY [EMILY LUCHETTI](#) POSTED YESTERDAY AT 9:30AM



Photo: Paul Sirisalee | Food Styling: Eugene Jho

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Fragrant Meyer lemon zest goes into these shortbread cookies from pastry chef and author [Emily Luchetti](#). She then uses the sweet-tart juice to make a silky citrus curd that sandwiches two cookies together.

Featured in: [10 Ingredients We're Obsessed With](#)

MAKES ABOUT 20 COOKIE SANDWICHES

TIME: 3 HOURS, 30 MINUTES

For the Meyer Lemon Curd

- ⊙ ¼ cup sugar
- ⊙ 1 large egg, plus 2 egg yolks
- ⊙ ¼ cup fresh Meyer lemon juice
- ⊙ ¼ tsp. kosher salt
- ⊙ ½ tbsp. chilled unsalted butter

For the Shortbread Cookies

- ⦿ 1 $\frac{1}{3}$ cups (6 oz.) all-purpose flour, plus more for dusting
- ⦿ 12 tbsp. chilled unsalted butter, cut into $\frac{1}{2}$ -inch cubes
- ⦿ 6 tbsp. sugar
- ⦿ $\frac{1}{4}$ tsp. kosher salt
- ⦿ Finely grated zest of 2 Meyer lemons

Instructions

1

Make the lemon curd: In a small saucepan, whisk the sugar with the egg and yolks until smooth, and stir in the juice and salt. Place the pan over medium heat and cook, stirring constantly, until the curd begins to thicken and bubbles start to break the surface, about 5 minutes. Remove the pan from the heat and stir the butter into the curd until smooth. Scrape the curd into a small bowl, press a sheet of plastic wrap against the curd, and refrigerate until the curd is chilled, at least 2 hours.

2

Make the shortbread cookies: In the bowl of a stand mixer fitted with a paddle, combine the flour with the butter, sugar, salt, and zest and beat on medium-low until the dough comes together. Scrape the dough onto a floured sheet of parchment paper and shape into a disk. Lightly flour the dough and cover with another sheet of parchment. Using a rolling pin, flatten the dough until it's $\frac{1}{4}$ -inch thick and peel off the parchment. Using a $1\frac{3}{4}$ -inch-round cutter, stamp out dough circles and place 1 inch apart on parchment paper—lined baking sheets, rerolling scraps once to get about 40 rounds total. Chill the baking sheets for 30 minutes.

3

Heat the oven to 300°. Place the baking sheets in the oven and bake, rotating the sheets front to back and moving them from top to bottom halfway through cooking, until the cookies are lightly golden on the bottom, 12 to 14 minutes. Transfer the sheets to a rack and let the cookies cool completely.

4

To serve, spoon 1 teaspoon of the lemon curd on the bottom of half the cookies and sandwich with the remaining cookies. Serve immediately or chill for up to 1 hour.