



Vegan Lemon Curd

★★★★★

This easy vegan lemon curd is thick, glossy, and bursting with real lemon flavor. With my new and improved method, fresh lemon zest is rubbed in the sugar for an incredibly intense flavor experience. It adds the perfect zesty kick to breakfast or desserts.

Prep Time	20 minutes
Cooling Time	20 minutes
Total Time	40 minutes
Servings	30 makes approx (580g) or 1.5 cups
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Ingredients

- 200 g granulated sugar ***see note 1**
- 2 tablespoons lemon zest freshly zested ***see note 2**
- 40 g cornstarch or ground arrowroot starch
- 250 ml lemon juice freshly squeezed ***see note 3**
- 160 ml soy milk ***see note 4**
- 50 g vegan butter block-style ***see note 5**
- ¼ teaspoon ground turmeric optional, for color

Instructions

1. **Prepare:** Zest and then juice your lemons. Set a large mixing bowl and fine-mesh sieve aside for later.
2. **Flavor the sugar:** Add the sugar and lemon zest to a saucepan and use your fingertips to rub the zest into the sugar until the sugar crystals feel "wet".
3. **Whisk in the ingredients:** Add the cornstarch to the saucepan and whisk until evenly mixed with the sugar and zest. Then pour in the lemon juice and soy milk and whisk until completely smooth and there are no visible lumps.
4. **Cook:** On medium heat (low heat if you're using a gas cooker) and continue to whisk the mixture until it thickens - this will take around 10 minutes. (***see note 6**)

Alternate between a rubber spatula and a whisk to prevent it from sticking to the bottom of the pan.

Once the curd has thickened enough to coat the back of the spatula without running off of it, remove it from the heat and whisk in the turmeric.

5. **Sift:** Place the cold vegan butter in the large mixing bowl and sit the fine-mesh sieve on top of the bowl. Pass the lemon curd through the sieve, using a spatula to squeeze it through if needed. Whisk it into the butter until smooth.

Notes

*The lemon zest adds great flavor and will make it more tangy. If texture is more important to you than flavor and you are looking for a super creamy lemon curd, then leave it out.

**I've seen similar recipes that call for up to 8 tablespoons of butter. Go for it! I think it tastes great with 4 tablespoons, but I'm not one to turn down extra butter...

Nutrition

Serving: 0.5cup | Calories: 155kcal | Carbohydrates: 21g | Protein: 3g | Fat: 8g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 85mg | Sodium: 150mg | Potassium: 53mg | Fiber: 1g | Sugar: 19g | Vitamin A: 278IU | Vitamin C: 10mg | Calcium: 15mg | Iron: 1mg

Lemon Curd - <https://thefoodcharlatan.com/the-best-lemon-curd-recipe/>