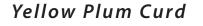
Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.



3/4 cup yellow plum puree*3/4 cup sugar3 eggs1/2 cup unsalted butter, cubed

In a 2 quart saucepan, combine yellow plum puree, sugar, eggs, and butter. Cook over medium-low heat until thick enough to hold trail marks from the whisk, and first bubble appears on surface, about 6 minutes. Refrigerate and use as desired.

*Yellow Plum Puree

5 ripe yellow plums, halved + pitted 1/4 cup sugar 2 tbsp Ontario honey 1 tbsp water

Put everything into a heavy bottom saucepan and bring to a boil. Reduce heat and simmer for 5 minutes or until plums are soft. Set aside to cool. Puree in a blender. Makes about 3/4 cup of yellow plum puree. Refrigerate until ready to use. You can freeze yellow plum puree and make curd any time of the year.



Recipe + photograph courtesy of Lynn Ogryzlo www.ontariotable.com

Episode 26: Taking Food with Cynthia David www.cynthia-david.com

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Ways to enjoy luscious yellow plum curd

- spread on scones
- fill the bottom of a pavlova
- use in a triffle
- spread on angelfood cake
- · sandwich between two shortbread cookies
- make lemon squares
- make a yellow curd souffle

Because What You Put In Your Body Matters!