

# Food Therapy



Host, Lynn Ogryzlo

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

## Yellow Plum Curd

3/4 cup yellow plum puree\*  
3/4 cup sugar  
3 eggs  
1/2 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](http://www.ontariotable.com)

Episode 26: Taking Food with Cynthia David  
[www.cynthia-david.com](http://www.cynthia-david.com)

Email Lynn with questions or comments at  
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### Ways to enjoy luscious yellow plum curd

- spread on scones
- fill the bottom of a pavlova
- use in a trifle
- 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!**