

ASSELIN
CÔTÉ

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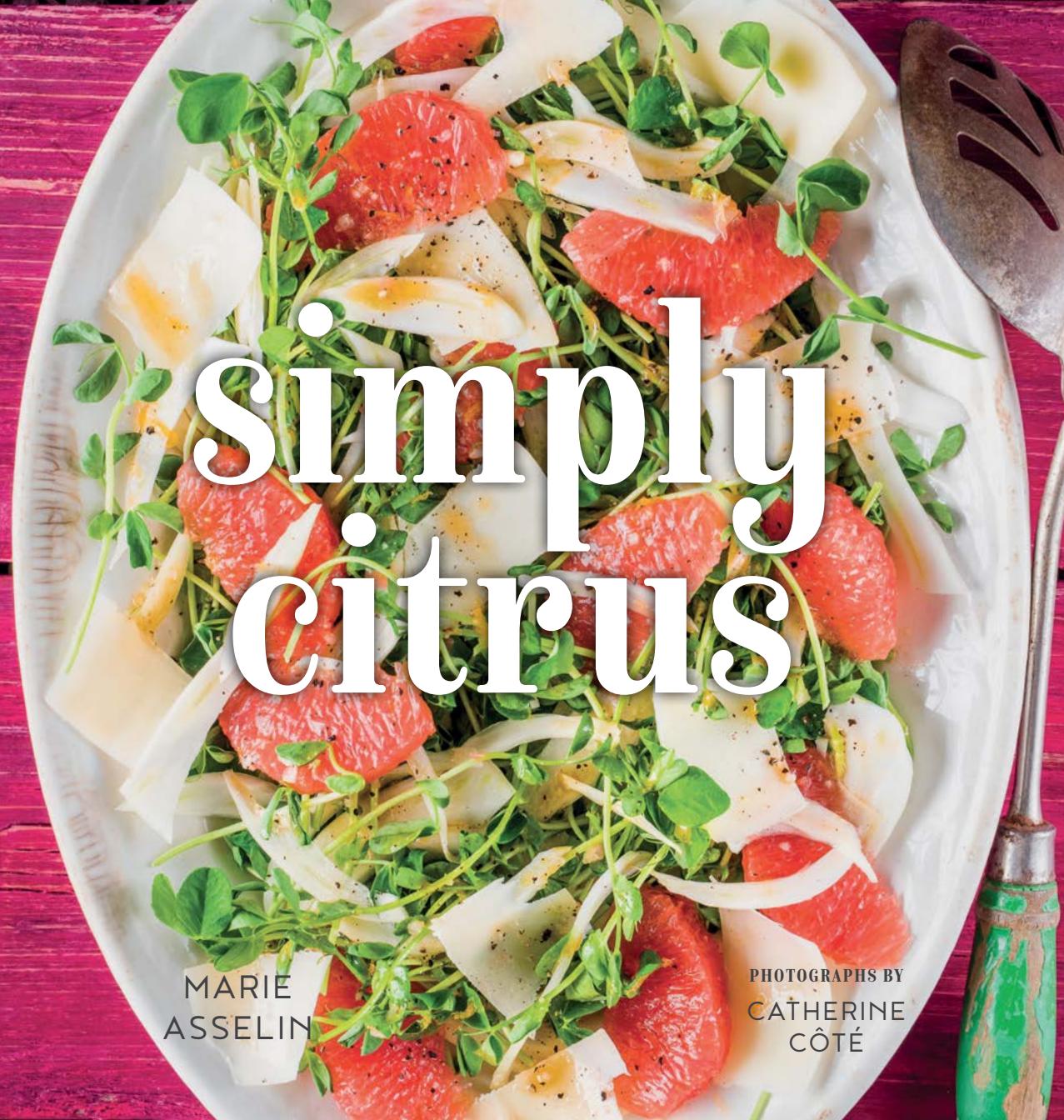
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GIBBS
SMITH



simply citrus

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CÔTÉ

contents

5	INTRODUCTION
	Ingredients, tools, and techniques
10	BASICS
20	LEMON
40	LIME
60	ORANGE
80	MANDARIN
99	GRAPEFRUIT AND POMELO
115	KUMQUAT, YUZU, AND MORE
126	INDEX

I often find smoothies to be too sweet or thick for my taste. This one falls right in between a fresh juice and a traditional smoothie. It has a bright flavor, a drinkable consistency, and lots of good-for-you ingredients in it. It's a tasty and healthy way to wake up your taste buds!

PREPARATION TIME: 5 MINUTES | MAKES ABOUT 20 OUNCES

bright-and-early orange smoothie

Combine all ingredients in a blender and blend until smooth. Serve immediately.

- 1 blood or regular orange, peeled and chopped (seeds removed)
- 1/2 banana, chopped
- 1/2 cup chopped pineapple or mango
- 1/2 cup coconut water or coconut milk
- Juice from 1/2 lemon
- 1 tablespoon honey
- 1 tablespoon hemp seeds (optional)
- 1 teaspoon finely grated fresh ginger
- 1/2 teaspoon ground turmeric
- 1 cup ice cubes



2 very ripe avocados, peeled and pitted

1/4 cup freshly squeezed lemon juice (about 1 lemon)

2 tablespoons extra virgin olive oil

1 tablespoon chopped fresh cilantro

1/2 teaspoon kosher salt

Freshly ground black pepper, to taste

7 ounces crabmeat, fresh or defrosted, patted dry

1 pomelo, peeled, segmented (see page 9), and diced

TO SERVE

Extra virgin olive oil

Sea salt flakes

Freshly ground black pepper

Fresh cilantro leaves

Verrines are quite popular in France. The name describes food, sweet or savory, prettily layered in glass containers. This presentation technique showcases the salad's soft tones of green, pink, and yellow especially well.

PREPARATION TIME: 20 MINUTES | SERVES 4

crab, pomelo, and whipped avocado verrines

In a food processor, combine the avocados, lemon juice, olive oil, cilantro, salt, and pepper. Process until creamy, scraping down the bowl from time to time to thoroughly incorporate all of the ingredients. Divide between 4 serving glasses. Top with crabmeat and pomelo. Finish with a drizzle of olive oil, a sprinkle of sea salt, pepper, and cilantro leaves. Serve, or refrigerate for up to a half-day.



CRUST

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup toasted unsweetened shredded coconut
- $\frac{1}{3}$ cup powdered sugar
- 1 tablespoon cornstarch
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ cup melted coconut oil

FILLING

- $\frac{3}{4}$ cup granulated sugar
- 3 tablespoons cornstarch
- Pinch of kosher salt
- 3 large eggs
- 2 teaspoons finely grated lemon zest (about 1 lemon)
- $\frac{3}{4}$ cup freshly squeezed lemon juice (about 3 lemons)

TO SERVE

- Powdered sugar
- Toasted unsweetened shredded coconut

In this delicious, dairy-free variation of a timeless classic, coconut adds an exotic twist: toasted shredded coconut gives a nice crunch to the crust while the rich aroma of coconut oil rounds off the tartness of lemon.

PREPARATION TIME: 1 HOUR PLUS ABOUT 2 HOURS 30 MINUTES FOR COOLING | MAKES 12 BARS

coconut lemon bars

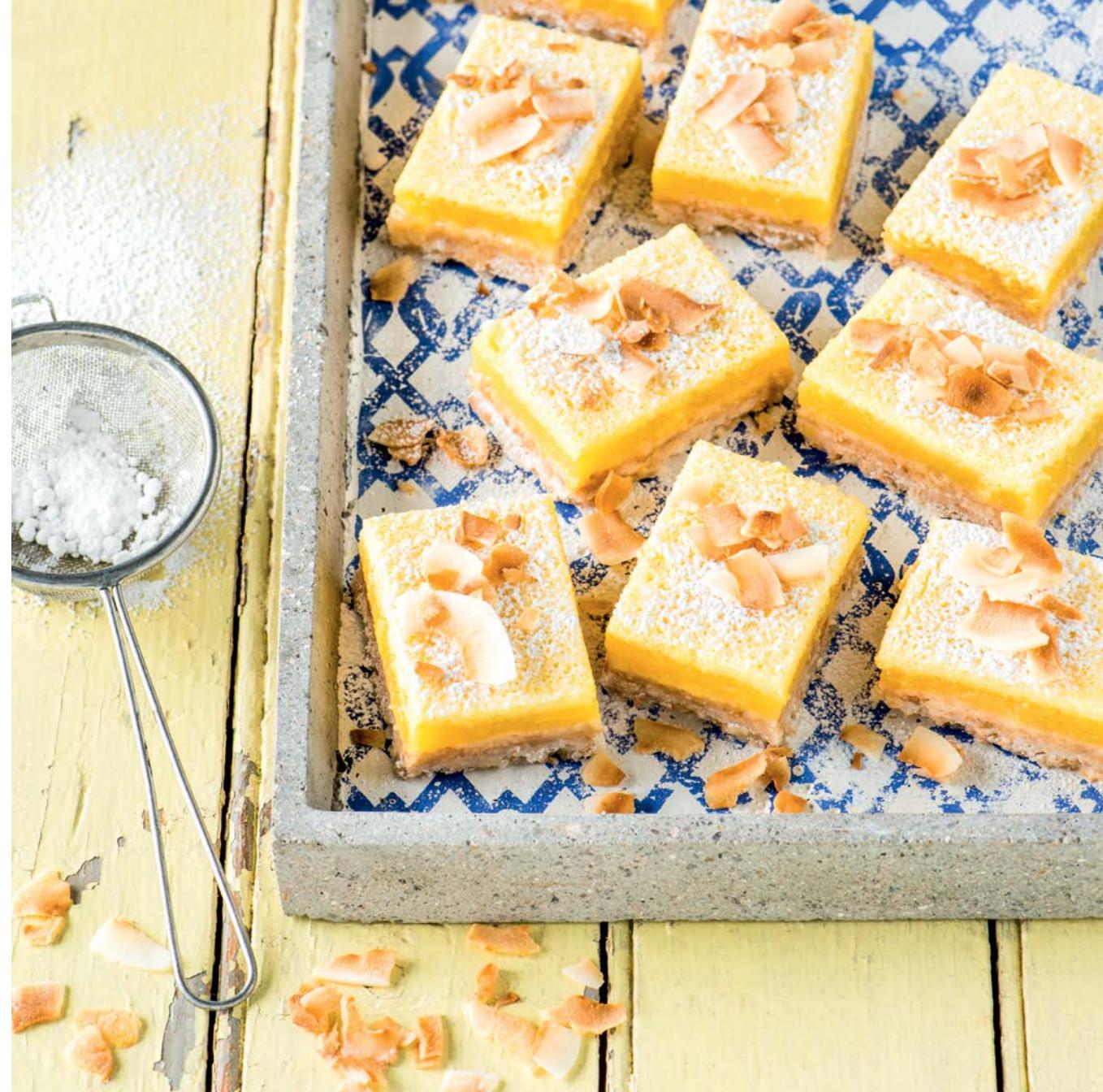
Preheat oven to 350°F. Grease an 8-inch square baking pan and line with parchment paper, letting it overhang on two sides (this will make it easier to pull the squares out later).

CRUST In a medium bowl, combine the flour, coconut, powdered sugar, cornstarch, and salt. Stir the oil into the flour mixture until fully incorporated. Place the dough into the prepared pan, and firmly press down all the way to the sides. Bake the crust until it just starts to brown around the edges, 15–20 minutes.

FILLING In a medium bowl, whisk the sugar, cornstarch, and salt until well combined. Add the eggs, one at a time, whisking until each one is fully incorporated before adding the next. Add the lemon zest and juice; whisk until the mixture is completely smooth.

Pour the filling over the hot crust. Bake until the filling is just set, 15–18 minutes. The filling should start to turn golden around the edges, and the center should be a bit jiggly (it will firm up as it cools). Let the squares cool completely to room temperature, and then refrigerate for 2 hours before cutting.

Just before serving, dust the bars with powdered sugar and garnish with coconut.





CORN SALSA

- 2 cups fresh corn kernels
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped fresh cilantro
- 1 lime, peeled and finely diced
- 1 teaspoon honey
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked sea salt or sea salt flakes
- Freshly ground black pepper, to taste

CRAB CAKES

- 1 pound crabmeat, fresh or defrosted, patted dry
- 1 cup panko
- 1/4 cup chopped fresh cilantro
- 2 green onions, minced
- 2 tablespoons finely chopped jalapeño pepper (about 1 pepper)
- 1/4 cup freshly squeezed lime juice (about 2 limes)
- 1 teaspoon finely grated lime zest (about 1/2 lime)
- 2 eggs
- 1 clove garlic, minced
- 1/2 teaspoon kosher salt

These fresh and summery crab cakes are delicious hot, but also cold, making them perfect for a picnic. You can use any crab variety, fresh or frozen, but the salsa is exceptionally better if you can use fresh, seasonal corn.

PREPARATION TIME: 35 MINUTES | MAKES 8 CRAB CAKES

jalapeño crab cakes with corn salsa

Preheat oven to 425°F. Line a baking sheet with parchment paper.

CORN SALSA Bring a small pot of salted water to a boil. Add the corn kernels and blanch for 1 minute. Drain and rinse under cold water. Pat kernels dry and transfer to a bowl. Add the olive oil, cilantro, lime, honey, and cumin; toss to combine. Season with salt and pepper. Set aside.

CRAB CAKES In a large mixing bowl, combine all the ingredients. Using an ice cream scoop or your hands, create patties of about 1/4 cup mixture each. Place the patties on the prepared baking sheet. Bake for 7 minutes, flip the patties, and then bake for another 7 minutes, or until golden and crisp.

Serve the crab cakes warm, topped with the corn salsa.



Frangipane is a custard that incorporates ground almonds to produce a toothsome, nutty filling. This tart is spectacular with blood oranges, but if they're off season, substitute clementines.

PREPARATION TIME: 1 HOUR 10 MINUTES | MAKES 1 (9-INCH) TART

blood orange frangipane tart

CRUST Preheat oven to 350°F. Lightly grease a 9-inch tart pan with removable bottom and set on a baking sheet.

In a large bowl, whisk together the flours, sugar, zest, and salt. Drizzle in the butter; stir until the mixture is moist and sticks together. Press the mixture onto the bottom and up the sides of the tart pan. Bake for 20 minutes, or until the crust is lightly golden. Remove from the oven and set aside, leaving the oven on.

FILLING Beat the butter and sugar together until light and fluffy, about 2 minutes. Add the eggs, one at a time, beating well after each addition. Add the flours and almond extract, scraping the sides of the mixing bowl from time to time. Dollop the frangipane mixture into the tart shell and smooth the top. Arrange the orange slices over the filling to cover the whole surface.

Bake for about 30 minutes, or until the center of the tart is firm and fully cooked. Remove from the oven and cool completely. If you wish, decorate with sliced almonds before serving. To avoid pushing down the orange slices while cutting, use a very sharp knife to slice. The tart can be made up to a half-day ahead and is best served the day it's made.

CRUST

- 2 cups almond flour
- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- 2 tablespoons finely grated blood orange zest (about 1 blood orange)
- 1/4 teaspoon kosher salt
- 6 tablespoons (3 ounces) unsalted butter, melted

FILLING

- 1/2 cup (4 ounces) butter, room temperature
- 1/2 cup granulated sugar
- 2 eggs
- 1 cup almond flour
- 1/4 cup all-purpose flour
- 1/4 teaspoon almond extract (optional)
- 3 to 4 blood oranges, peeled and sliced (see page 9)

TO SERVE

- Toasted sliced almonds (optional)

STRAWBERRIES

2 cups quartered or halved strawberries

1 tablespoon orange blossom honey or any other honey variety

ORANGE BLOSSOM ZABAGLIONE

4 egg yolks

1/4 cup Cointreau, or freshly squeezed, strained orange juice

2 tablespoons honey

1 teaspoon orange blossom water

Pinch of kosher salt

1/2 cup heavy cream

TO SERVE

Ground pistachios

An Italian dessert, zabaglione is essentially a dreamily light custard made with egg yolks, sugar, and liqueur or sweet wine. In this version, folding whipped cream into the cooked custard stabilizes it, allowing you to make the dessert a few hours in advance. The sweet floral flavor of orange blossom exquisitely complements fresh strawberries, but you could also use other fresh berries, or even grilled apricots or peaches.

PREPARATION TIME: 35 MINUTES | SERVES 4

orange blossom zabaglione with strawberries

STRAWBERRIES In a small bowl, combine the strawberries and honey; toss to coat. Let rest at room temperature for 15–30 minutes.

ZABAGLIONE Whisk the egg yolks, Cointreau, honey, orange blossom water, and salt in a heatproof bowl. Set the bowl over a pan of simmering water. Beat continuously until double in volume, about 5 minutes. Remove from heat.

Whisk the heavy cream until stiff peaks form. Using a spatula, gently fold the whipped cream into the custard until combined. Refrigerate the zabaglione for 15 minutes, or up to 6 hours.

Divide the strawberries among 4 serving bowls. Spoon the zabaglione in with the strawberries, sprinkle with pistachios, and serve immediately.

