

Lemon Fondant

Dulse de sharope (dulse blanco)

In Sephardic homes in Greece and Turkey this glossy white fondant is traditionally served as a symbol of purity at life-cycle events and on the New Year. One spoonful is all you really need to savour this very sweet treat. Chase it with a sip of chilled water and a cup of Turkish coffee.

4 cups warm water

3 cups caster sugar

1 tbsp fresh lemon juice

a few drops of orange blossom water

Pour the warm water into a stainless steel heavy-based pan over a low heat. Add the sugar and stir gently with a metal spoon while the sugar is dissolving. Do not allow the water to boil before the sugar has dissolved. Boil the syrup on high heat and do not stir once the water starts to boil. As the sugar becomes more concentrated the syrup will feel tacky and a long thread, about 2cm (3/4in) in length, will form between your wetted finger and thumb when they are pulled apart.

Remove from the heat and add the lemon juice. Place on a double-folded tea towel on a work surface to keep the pan steady, and stir briskly using a circular motion in one direction only for at least 20 minutes. This is important to give the correct texture and colour to the *sharope*. The fondant will thicken and whiten to a glossy paste during this process. As with the marzipan I find it easier if someone helps me to hold the pan steady, whilst I briskly stir the fondant.

Knead the fondant a handful at a time working quickly while still warm, adding a few drops of orange blossom water. Combine the handfuls together and place in an airtight glass container, in the fridge, where it will keep for months.