

Stories

of

Jah Lemon

part five

Sweet Tooth Citrus

Natty Mark Samuels

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# Dedication

to

**Kate Toomey**

Museum and Heritage Community Learning Officer, Museum of Oxford

and to

**Marta Lomza**

Community Engagement and Exhibitions Officer, Museum of Oxford.

for the invitation to deliver the Two Icons Lecture  
celebrating Bob Marley and Una Marson

Over the years, Jah Lemon has given up alcohol and meat, but he has to confess that an attraction to sweet things still remains...

### **Celebrity Citrus**

The Hairy Bikers use clementine in their version; Mary Berry, Nigella Lawson, James Martin and Tamal Ray prefer lemon; while Marie Campbell uses a mix of both orange and lemon. Whatever else they put in their personal versions of Madeira Cake - apple, honey, rosewater or almonds - there will always be a contribution from citrus.

### **Poppy and Lemon**

When the sweet tooth is calling,  
And you feel that need.  
With lemon juice and zest,  
Flour, butter and caster sugar,  
Take a slice of Poppy Seed.

### **Citrus Reunion**

"Come" said the raspberry to the coconut, "it is time again, for another rendezvous with nutmeg and vanilla, almonds and lemon juice; for the child has made a request, of raspberry and coconut cake for her birthday.

### **Lime Drizzle**

"Drizzle the syrup over the top and allow to stand for five minutes to soak up the liquid." This is an excerpt from a book called *Sweet Food*. The outstanding words for Jah Lemon, are drizzle and soak. One of his favourite recipes in the aforementioned book, is the one for Mini Mango Cakes with Lime Syrup.

### **Passionfruit and Lemon**

Let there be  
The pulp of passionfruit,  
The essence of vanilla.  
Of icing sugar,  
And salted butter.  
Of plain flour,  
And baking powder.  
For passionfruit and lemon slice,  
They are assembled together.

### **The Citrus Millionaires**

They say saffron is expensive, but Jah Lemon knows that orange contains an abundance of wealth: rich in carotenoids, flavanoids and Vitamin C, supporting and defending our internal systems. And in combination with saffron, almonds and double cream, wealth can be accessed by all. When eating Saffron Spiced Cake, with orange juice and zest, we become the Citrus Millionaires.

## **Citrus and Biscotti**

There's been recipes for it,  
Since the 13<sup>th</sup> century.  
Once of "hazelnut and aniseed"  
Now of options and citrus:  
Come let us eat biscotti.

Lemons from Calabria,  
Sicily and Amalfi.  
Sometimes with oranges,  
Cherries and almonds:  
Come let us eat biscotti.

We are blest you and I,  
By the gifts from Italy.  
Used in desserts and coffee,  
For wine and for juice:  
Come let us eat biscotti.

## **Of Orange and Lemon**

Jah Lemon asks himself, "What syrup could be better, than one of orange and lemon?"  
When you are making a cake of the usual crew, of milk, flour, butter and sugar, what better  
form of embellishment, than a syrup of orange and lemon?

## **Lovers and Lime**

**1<sup>st</sup> Voice:** I shall bring pastry and milk  
**2<sup>nd</sup> Voice:** I shall bring eggs and cream.  
**1<sup>st</sup> Voice:** Production of juice  
**2<sup>nd</sup> Voice:** Grating of zest  
**Voices:** For the making of lime pie  
We make a good team.

## **Citrus Anticipation**

Jah Lemon knows that if you're combining orange and lemon zest, with orange and lemon  
juice, you're in for a treat. And when they're put alongside pine nuts, crème fraiche, vanilla  
essence, almond liqueur and the other usual ingredients, he knows that a Honey and Pine  
Nut Tart, is something to look forward to with joyful anticipation

## **Lime and Blueberry**

When two great givers of anti-oxidants come together, Jah Lemon knows he's going to get  
a health tonic, as well as a culinary pleasure. Blueberry comes with anthocyanin, lime with  
limonene. To think that the lime also has anti-fungal and anti-bacterial qualities, gives  
another two other reasons, to try a slice of Lime and Blueberry Pie.

## **Any Time Citrus**

They've called it Spiced Christmas Muffin, but Jah Lemon thinks of it as Any Time Muffin!

Why wait till the last month of the year, to enjoy a concoction of apricot jam, cinnamon, mixed dried fruit, nutmeg, mixed spice and the zest of orange and lemon. For those who drink, rum or brandy can be added, alongside the residents: sugar, flour, butter and milk.

Yes, why wait till December, when it will taste just as good in February?

## **Citrus with Cherry and Raisin**

And whether the pie be of cherry or of raisin, it will have the grating from lemon and orange. Whether the mix contains black cherries or brown sugar, almond essence or cornflour, it will be further empowered, by the zest from the orange and yellow.

## **Sunday Afternoon Citrus**

Grandchild says "ice cream,"  
Granddad says "gelato."  
Hand in hand,  
Through the squares and the park,  
Enjoying their Sunday afternoon flow.

## **Sweet Tooth Citrus**

Let there be the joy of food,  
Whether denizen or Don:  
Let there be Tarte du Citron.

Let there be the joy of food,  
To choose and to take,  
Let there be Orange and Almond Cake.

Let there be the joy of food,  
With drum and guitar:  
Let there be Lemon Stars.

Let there be the joy of food,  
For you and me both:  
Let there be Pecan and Orange Loaf.

Let there be the joy of food,  
Invite everyone in:  
Let there be Lemon Meringue Muffins.

Let there be the joy of food,  
For the resident and the wanderer:  
Let there be Lemon Semolina.

# Sources

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