

Stories

of

Jah Lemon

part nineteen

Lemon and Blueberry Bread

Celebrating Bread with Citrus

Natty Mark Samuels

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**Lemon and Blueberry Bread**

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# Dedication

to

**Dolcie Obizhole**

and to

**Jamal Williams**

for their support of the Rootsman Products

**Hilary**

We're happy this morning on Hilary's Hour, People's FM, to have the citrus advocate, Jah Lemon, come in and talk to us about his new venture. As we know, he makes his citrus oil products, but he's here to tell us about the making of another item: citrus bread. Now, I read a transcript of a recent conversation in *Grapefruit*, with your fellow advocate and mentee, Cindy Citrus, where this new venture is mentioned. You sounded excited!

**Jah Lemon**

Yes, for sure - very excited about it! And happy to be here Hilary. Respect.

**Hilary**

We're glad you're here. So tell us, where did the idea for the citrus bread come from?

**Jah Lemon**

On one of my happy excursions around the local charity shops for books, I picked up one for two pound, entitled 'Home Made Bread', which has about ten recipes with citrus.

**Hilary**

Sounds like a bargain! So let the listeners know which ones you've tried or intend to try.

**Jah Lemon**

Intention is the word, as I haven't started yet, as I'm just finishing some lime and pomelo oil making, for a local health store. The first I intend to make is a Marmalade Breakfast Loaf, which uses orange juice and marmalade in the mix and the juice in the glaze.

**Hilary**

The thought of being able to spread Seville orange marmalade, on a fresh, warm slice of marmalade loaf toast, would get me out of bed quick time! No dilly dallying in the warm bedsheets!

**Jah Lemon**

Yes, I imagine a race to the bathroom, shortened time in there, then almost jumping down the stairs, to devour the warm and waiting bounty!

**Hilary**

Yes Jah Lemon, it could be just like that! With me winning the race in my house! Now, before we go on, tell us a little about the history of bread making.

**Jah Lemon**

From my research, it appears that bread making began in Africa, in ancient Egypt: a less palatable version than what we consume today! The first Europeans to learn bread making were the Greeks and Romans. The early examples of those times, have developed into regional varieties, such as injera in Ethiopia, the naan of India and the pitta of the Middle East.

**Hilary**

I'm yet to try injera, which I've heard is lovely with chickpeas or lentils, but love pitta and naan, especially peshwari naan, the coconut version.

**Jah Lemon**

Me too Hilary, I'm a big fan of peshwari naan, especially with rice and dal.

**Hilary**

Don't start me off Jah Lemon, I'll be salivating all over the mic! OK, what other citrus breads will you be trying to make?

**Jah Lemon**

Lemon and Blueberry Bread. I like the thought of the blueberries, merging in a fusion, alongside lemon zest and juice.

**Hilary**

And blueberries have their own storehouse of medicinal properties, as well as the lemon.

**Jah Lemon**

Yes Hilary, as they are low in calories, but high in anti-oxidants, which are an essential part of our internal defence system.

**Hilary**

We often hear this term anti-oxidant; for our listeners who don't know the meaning of the term, please shed some light.

**Jah Lemon**

Basically, they are the "goodies" of the eternal war that rages inside of us, fighting the "baddies," known as free radicals, who roam around like marauders, causing infection and cell breakdown, that can lead to chronic illnesses, such as cancer and diabetes. And the way to generate more anti-oxidant content, is by eating a wide range of fruit and vegetables.

**Hilary**

There you go listener, straight from the horse's mouth! And if you want further information from Jah Lemon, his website and email links, are on the station website. OK, citrus advocate, which ones next.

**Jah Lemon**

Sicilian Lemon and Orange Sweet Bread.

**Hilary**

Just the sound of it sets me off!

**Jah Lemon**

Yes, I had a strong initial reaction to it also! The recipe I came across is by celebrity chef, Paul Hollywood. We are told that it is based on "Italian Colomba di Pasqua: an Easter Celebration Bread."

**Hilary**

As we know from the Great British Bake Off, baking is his speciality, so looking forward to this one.

**Jah Lemon**

Well, when you think that it contains cranberries and almonds, as well as the zest of oranges and lemons and the juice of the latter, you know you're in for a real treat.

**Hilary**

Yes, a real treat! I remember buying and enjoying a loaf of cranberries and cashews - which I ate with Red Leicester Cheese and Sensations Chilli Crisps - so I know one of cranberries and almonds will go down very well also.

**Jah Lemon**

Yes, a sure winner! And I like the thought that it is the food of a special occasion, like the tradition of hot cross buns in Jamaica, which are also an Easter speciality. Which brings me to my next recommendation, of the aforementioned hot cross buns. Never really thought about the ingredients to this sweet bun, which I've eaten and enjoyed since childhood; but there's a wonderful intermingling of nutmeg, cinnamon, raisins, sultanas, mixed spice, milk and lemon peel.

**Hilary**

Love hot cross buns with cheese! Just as they are, not warmed up.

**Jah Lemon**

Me too, as well as with Jamaican bun

**Hilary**

I agree! Had some at the weekend from the local shop. As you can tell, I've got a bit of a sweet tooth!

**Jah Lemon**

You're not alone there Hilary – believe it!

**Hilary**

Aha! Another member of the Sweet Tooth Club!

**Jah Lemon**

Yes, long time member! I've been able to give up meat and alcohol over the years, but still retain an attraction to sweet things, although I'm learning to master it these days! Another traditional favourite as well as hot cross buns, is bread and butter pudding. Never one of my personal favourites, but the recipe I saw substituted dates for raisins and includes the zest and juice of orange.

**Hilary**

Yes, I always preferred bread pudding to bread and butter pudding.

**Jah Lemon**

And good ol' bread pudding is on the list, as it contains the zest of lemon.

**Hilary**

Anything else from further afield?

**Jah Lemon**

Yes, for sure! Two that spring to mind, are the Tangarine Bread, popular in Paraguay and Panettone, a Christmas and Easter item in Italy. Concerning the former, tangarine zest is used in the mix and its juice as a dressing. I remember a quote that said "*Beating the eggs for five minutes and using self-rising flour is the secret to making this tangerine bread light and spongy. I'm sure it would be yummy with oranges or limes.*"

**Hilary**

Yes, I believe it would be yummy with either of those two also, especially with oranges.

**Jah Lemon**

I'm in total agreement there. Hopefully, I'll get around to trying all three! There's a lovely legend to Panattone, which I wrote down to share with your listeners: may I read it?

**Hilary**

Yes please, go ahead.

**Jah Lemon**

*A 15<sup>th</sup> century falconer fell in love with the daughter of a lowly baker called Toni. To win her love over, the falconer disguised himself as a baker and invented a rich bread to which he added raisins and citrus peel. The result was a tremendous success and became known as "Pan de Ton' (Toni's bread).*

**Hilary**

True or not, its a lovely story. If its true, I hope he won the girl, after all the dreaming and effort he put in.

**Jah Lemon**

With the inclusion of citrus, I'm sure he won the love of the girl!

**Hilary**

You're slightly biased there Jah Lemon!

**Jah Lemon**

I confess that I am

**Hilary**

Well, that story is a lovely way to conclude the show. So once again, on behalf of the People's FM radio station and the listeners, I thank you for an informative session of culinary pleasure and cultural knowledge. There's been a large amount of calls and messages that have come in, so we'll be sharing them over the air and passing them on to you. Let us know how you get on with the bread making and whether it will be something you will offer publicly, alongside the oils.

**Jah Lemon**

Yes, I'll keep you updated. Bless you Hilary, for inviting me to step in, giving me the chance to show another way of introducing citrus into the daily diet. Thank you and gratitude to all the listeners on People's FM. Respect.

# Sources

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