



Lemon Peel Ideas

You only want the outer, brightly colored zest of the lemons, not the thicker white pith.

The zest is where all the concentrated lemon oil is. The pith is pretty much just bitter.

Get the zest off your citrus **before** you slice or juice your fruit. Don't attempt to zest half an already-juiced lemon, it would be really difficult.

A micro plane grater is fine if you are zesting one or two lemons, but when you've got a bunch of citrus the easiest way to zest them is to peel strips off the fruit with a standard vegetable peeler.

Basic Dried Lemon Peel

Lay your strips of zest out on a cooling rack. Try not to let them touch; you want a good airflow.

Set the zest someplace out of the way for a few days, until the zest is dry and brittle.

If you are someplace warm and humid and are concerned the zest might mold, you can dry them in a food dehydrator at the lowest temperature setting for a few hours.

Once dry, leave the strips whole or, if you prefer, pulverize them in a spice grinder or food processor. The lemon strips or powder will keep at room temperature for a very long time, but the lemon scent and flavor will fade over time.

How To Use Dried Lemon Peel

Lemon-pepper? Well, with this you are half-way there. Dried lemon peel adds great flavor to fish, chicken, spice blends and sauces, and is good in sweet things like cookies. Try mashing some dried, powdered lemon peel with candied ginger, and dissolving the mix in hot water for a soothing tea in the winter.

Lemon and Herb Olive Oil

Add the following to a 12 oz or pint-size mason jar:

- the zest of two lemons
- a generous bunch of fresh thyme
- 1 teaspoon of chili flakes
- 1 teaspoon of granulated garlic
- several whole black peppercorns

Add enough good quality olive oil – about a cup – to fill the jar. Put the lid on tightly, shake and store in the fridge for up to 3 days or freeze for longer-term storage. Olive oil in the fridge

or freezer gets thick and clumpy. That's a normal property of cold olive oil; don't worry about it.

The oil will thin out again as soon as it's brought to room temperature.

How To Use Lemon and Herb Olive Oil

Any place you would use olive oil, but you want a bit more punch, use this lemon and herb olive oil. Use in salad dressings, as a dip for baguette, as a sauce for pasta, or to marinate cheese or mozzarella, drizzle over grilled steak or fish, sauté prawns, or toss vegetables in this oil after blanching.

Citrus and Spice Seasoning Salt

Use a spice grinder, mini food processor or stick blender attachment to finely chop:

- the zest of a few lemons
- 1 Tablespoon of fennel seed
- several black peppercorns

After the citrus and spices are finely chopped, add in about a cup of kosher salt and continue to blend until the salt and spices are well mixed and the salt is powdery.

Store in an airtight container at room temperature – salt will be best after several weeks of aging.

How To Use Citrus Spice Seasoning Salt

This flavor-infused salt is a great way to season up pork chops, chicken breasts, seafood or vegetables.

Meyer Lemon Sugar

Use a spice grinder, mini food processor or stick blender attachment to finely chop the zest of two lemons. After the lemon is finely chopped, add in about a cup of sugar and continue to blend until the sugar and lemon zest are well combined.

Store in an airtight container at room temperature --sugar will be best after several weeks of aging.

How To Use Meyer Lemon Sugar

Sweeten your tea, try lemon sugar for a nice change. Use this sugar in baked goods, as a topping for simple butter cookies or caramelize atop a lemon creme brulee. Try it in a savory application where you are adding just a touch of sweetness for balance. If you are going to add a pinch of sugar to balance a salad dressing, try using lemon sugar instead for a bit more depth.

Lemon and Rosemary Compound Butter

Use a spice grinder, mini food processor or stick blender attachment to finely chop:

- zest of two lemons
- leaves from one 5-inch sprig of fresh rosemary

After the citrus and spices are finely chopped, add in 4 oz. (a stick) of butter and blend until the lemon, rosemary and butter are fully combined and the butter is slightly whipped.

If desired, season to taste with a bit of sea salt or Kosher salt.

How to store the compound butter, smooth the butter into a log shape on a sheet of parchment paper. Wrap the parchment paper around the butter and press against the parchment paper to compress the butter into a firm log. Roll the parchment-covered butter into a tube, wrap the parchment tightly with plastic wrap and store the compound butter in the freezer, where it will keep for 6 months.

How To Use Lemon and Rosemary Compound Butter

Perfect for melting over grilled chicken, pork or seafood or adding to pasta or potatoes for a light sauce. Compound butter is easy to use, just slice a medallion off the frozen tube of compound butter when you need it. Once sliced the butter will thaw quickly to coat hot foods.

Citrus Soy Vinegar Dipping Sauce

This sauce is similar to Japanese ponzu sauce – a light combination of citrus, vinegar and soy sauce. To make it, add the following to a pint-sized mason jar:

- zest of several lemons
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup soy sauce
- 2 Tablespoons organic sugar
- 1 cup rice wine vinegar

Store in an airtight container in the refrigerator and give everything a good shake to combine where it will last for several months.

How To Use Citrus Soy Vinegar Dipping Sauce

This is an excellent dipping sauce or dressing. Use it as-is for chicken, scallop, mushroom or eggplant skewers, potstickers or spring rolls. Adjust the flavoring by adding chili sauce or sesame oil if desired. Turn it into an Asian-styled dressing for vegetables, noodle bowls or stir fries by mixing in a bit of sesame oil, miso paste or peanut butter and honey.

Easy Lemon Extract

Loosely fill a 12 oz. or pint-size mason jar with strips of lemon zest. Fill the jar with a good quality vodka, seal very tightly. Give the lemon extract at least a month or two to age in a dark, cool spot. The longer you let it sit, the more potent it will become.

How To Use Lemon Extract

Substitute lemon extract for vanilla in any baked good where a citrus brightness is appropriate. Scones, poundcake, lemon blueberry muffins, etc.

From the cupboard to the liquor cabinet this lemon extract will take on another name: lemon vodka. It will be far stronger in flavor than a typical citrus vodka infusion),

This extract can be used in mixology as well.

Source: Northwest Edible Life

<https://nwedible.com/ways-to-use-lemon-peel/>

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