UCCE Master Food Preservers of Sacramento County present...

How to use preserved citrus

MFPs Cheryl & Wendy, February 2021
Common types of citrus

For more info go to: https://citrusvariety.ucr.edu/ and http://homeorchard.ucanr.edu/Fruits_&_Nuts/Citrus/
Not-so-common types of citrus

- Yuzu
- Calamondin
- Pomelo
- Kumquat
- Citron
- Finger Lime
- Buddha’s Hand
- Ugli Fruit
What do you do when you have a ton of citrus?
Ways to preserve citrus

- Freeze
  - Juice, whole fruit, zest, peel, spreads

- Dehydrate
  - Zest, dehydrate, (grind) and store
  - Cut into slices, dehydrate, and store

- Can
  - Can segments or make marmalade, jelly, jam, or lemon curd

- Preserve in salt
  - Citrus salt
  - Preserved lemons

- Preserve in sugar
  - Make candied peel

- Preserve in spirits/alcohol
  - Make extract
  - Make limoncello, flavored vodka, or infused gin
What can you do with your preserved citrus?
Ways to use juice

- Drizzle on fish for some acid
- Use to make a refreshing salad dressing
- Make orangeade, limeade, or lemonade
- Lemon juice can be used as a cleaning product
- Lemon juice can also be used as part of a skin care regimen—as an astringent or natural cleanser

Recipe: Lemon Lime Icebox Pie

PRESERVING TIPS

- **Freeze your** juice in ice cube trays. Once frozen, you can remove from tray and place them in a freezer bag or closed container.
- **If freezing** juice in a jar, make sure the jar does not have a shoulder. The shoulder weakens the jar and may cause jar to break. Leave 1” of headspace.
- Navel oranges do not freeze well—they become bitter.
Ways to use dried citrus

- Use dried citrus slices to flavor water or brighten up a fruit punch
- Rehydrate cut fruit and garnish a main dish of fish or meat
- Use dried fruit to decorate desserts
- Create an ornament with the dried fruit
- Use as part of a potpourri
- Recipe: Fudgy Brownies with Orange Ganache

PRESERVING TIPS

- When cutting the outer peel to dehydrate—cut 1/16 to 1/8 inch deep—and avoid the bitter white pith
- Place the dried citrus in your freezer for 48 hours to pasteurize it for storage
Ways to use citrus powder

- Stir it into dips like guacamole, hummus, or yogurt sauces
- Sprinkle lemon powder over sautéed vegetables
- Add it to baked goods like sweet breads, muffins, cookies, or even in frosting, pudding, or pie crusts
- Incorporate lemon powder into your loose-leaf tea blend
- Grind it medium fine and use it in facial or body scrubs
- Use dried lemon powder as a replacement for lemon zest in any recipe (1 tsp of lemon powder for every 1 Tbsp of fresh lemon zest)

*Recipe: Citrus Scouring Scrub*

**PRESERVING TIPS**
- To make sure it doesn’t stick, check to see that the citrus is completely dried before you grind it
Ways to use curds

- Make lemon bars or any other citrus-type bar
- Add a dollop in yogurt for a little sweetness
- Add it to cake icing for some tang and smoothness
- Stir it into fruit salad to add a sweet citrus zing
- Fast dessert: Put some curd in baked puff pastry bites or fill crepes with curd
- Use as all or some of your pie filling or to complement other desserts
- Recipes: Fresh Fruit Pizza with Citrus Curd, Roasted Chicken with Lemon Curd

PRESERVING TIPS
- Recommended shelf life for curd that is water-bath or steam processed is 3-4 months; frozen curd is good up to 1 year
- If freezing curd, place plastic wrap on the surface of the curd to prevent a skin from forming
- If freezing in canning jars, use jars that have straight necks—jars with shoulder can crack as the curd freezes and expands
Ways to use marmalade, jam, and jelly

- Use to create quick salad dressing
- Brighten up fruit on top of a tart, cheesecake, or crostata—just warm up jam or jelly and gently brush on fruit.
- *Fast appetizer:* Pour over cream cheese and serve with crackers
- Warm it up and use as a main-dish marinade
- *Recipe:* Orange Marmalade Vinaigrette

**PRESERVING TIP**
- For best quality, we recommend that all home-canned foods be used within a year. Preserved citrus items may start darkening after just a few months, but the product is still good and it’s a great time to use it as a marinade, etc.
Ways to use citrus salts

- Add to the rim of your glass for a margarita or mojito
- Substitute for some of the salt in any recipe, for both savory and sweet dishes
- Sprinkle over a resting steak, or use as a rub for chicken, fish or pork before it goes on the grill
- Add a pinch to salad dressing to brighten it
- Toss it into homemade popcorn
- **Recipe:** Avocado Toast + Citrus Cumin Salt

PRESERVING TIPS

- Experiment with using different types of salt
- Store salts in sealed containers in a cool, dry place
Ways to use candied peel

- Stir it into a cocktail
- Garnish a dessert with it to add a pop of flavor and enhance the presentation
- Use it to make fruit cake or stollen
- Dip candied peel in chocolate and give as a unique homemade gift
- Add it to trail mix
- *Recipe: Candied Citrus Peel Cookies*

**PRESERVING TIPS**

- Homemade candied peel has a brighter, more authentic flavor than store-bought peel (without the artificial coloring)
- Store in a cool, dry location or in the freezer
Ways to use salt-preserved lemons

- Add to farro salad or barley pilaf—or any time you’d normally add some lemon zest or a squeeze of juice
- Sliced pieces of preserved lemon make a fantastic addition to a salad or salad dressing
- Chop them up and add to salsas and dips
- Add preserved lemon pieces to pasta dishes, tagines, and stews
- Recipe: Preserved Lemon Couscous

PRESERVING TIPS

- Salt-preserved lemons require no canning—quick and easy
- Wash the salt off before using
Enjoy!