

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/](http://homeorchard.ucanr.edu/Fruits_&_Nuts/Citrus/)

# Not-so-common types of citrus



Yuzu



Kumquat



Buddha's Hand



Pomelo



Finger Lime



Calamondin



Citron



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



A woman with brown hair, wearing a dark blue shirt, is shown from the chest up, looking upwards and to the right with a thoughtful expression, her hand resting on her chin. She is positioned in the lower right quadrant of the image. Surrounding her is a large, light green circular area containing the text 'What can you do with your preserved citrus?'. This central area is surrounded by several smaller, colorful circles (orange, green, yellow, and peach) each containing a white question mark. The background features abstract green geometric shapes on the right side.

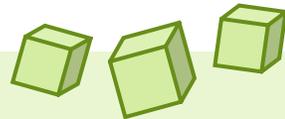
What can you do  
with your preserved citrus?

# 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!