



Lemon-aids™

The
Versatile
Lemon





THE LEMON - THERE IS SO MUCH MORE

With its aromatic scent and spirited flavor, the lemon is one of the most versatile citrus fruits.

Sunkist invites you to indulge in tasty treats such as old-fashioned lemonade, lemon Asian chicken or fun fruit kabobs and to discover many more versatile uses of this classic citrus variety.

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Fill your home with the crisp floral aroma or add a colorful centerpiece to your dinner table. Fresh lemons provide beautiful home décor

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A powerful cleaning agent and a natural room freshener, fresh lemons are a multi-tasking household helper



LEMON LOWDOWN

With their crisp floral smell and distinct tangy flavor, lemons are one of the most universally loved fruits.

A Little Variety

There are two major lemon varieties commonly found in the marketplace--the Eureka and the Lisbon--though they are so similar it is difficult to tell them apart. They are so similar, in fact, that California and Arizona growers cultivate and pack them together. Both have a medium-sized elliptical shape, a bright yellow interior and exterior and a tangy flavor.



The bright yellow color of Sunkist® lemons is natural; there are no artificial colors or dyes added. California and Arizona state laws prohibit the addition of color to the peel of fresh lemons

Another lemon variety receiving recent attention, the Meyer lemon, is most commonly grown as a backyard tree and is not widely distributed on a commercial basis. Discovered in 1908 by Frank N. Meyer, the namesake of this unique variety, the Meyer is thought to be a cross between a "traditional" (Eureka/Lisbon) lemon and a mandarin orange. This sweet lemon variety is yellow with a slight orange tint, and is rounder than a true lemon.

A Zest of Good Health

Lemons have become a staple in cuisines around the world, not only for their unique flavor qualities but also for their nutritional benefits, as they are:

- An excellent source of vitamin C
- A source of folate, fiber and potassium
- Fat-free, sodium-free, cholesterol-free and low calorie

A Fruit for All Seasons

Due to the differences in growing area climate conditions and the fact the trees bloom and ripen fruit concurrently, lemons are available year-round. California and Arizona, the growing regions of Sunkist lemons, produce approximately 95% of the lemons grown in the United States. Supplies are from Arizona during the fall and winter months and from California coastal and inland valleys during the spring and summer months.

The Meyer lemon is a seasonal fruit and is only available January through September.





The Pick of the Season

Lemons are fully ripe and ready to use when purchased. To select the best fruit, choose ones with smooth skin and no soft spots. The fruit should feel firm and heavy for its size. Fresh lemons will keep in the refrigerator in a plastic bag or vegetable crisper for several weeks, or for several days at room temperature.



Whole lemons should never be frozen. Freezing the fruit will cause the juice sacs to burst when the fruit thaws, causing the pulp to be dry and mushy. Instead, separately freeze the juice in small measured amounts using an ice cube tray.

Any Way You Slice It

The lemon can be sliced, diced and zested in a number of ways. Here are a few common examples:

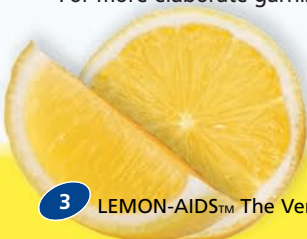
- **The Wedge**
To make lemon wedges, cut an unpeeled lemon in half lengthwise; place cut side up and cut three to four wedges from each half
- **Cartwheels**
To make a cartwheel, cut a thin slice from both ends of an unpeeled lemon; then slice the lemon crosswise into desired thickness
- **Zest It**
When a recipe calls for "zest", it refers to grated peel



Grate peel over waxed paper before cutting and squeezing the lemon for juice. Grated peel is measured by lightly placing the peel into a measuring spoon.

- **Sliver It**
To prepare slivered peel, remove outer yellow peel only with a vegetable peeler. Boil in water for 3 to 4 minutes, or until limp. Cut into thin strips.
- **Twist It**
To make a lemon twist, remove the outer peel with a vegetable peeler in 2-inch strips. Holding each end, give it a twist.

For more elaborate garnish ideas, see page 21



LEMON-TAIN™

Garnish your party with Sunkist lemons and wow your guests!

Nothing brightens up a room with sunny color better than Sunkist lemons! Bring the flavor and aroma of lemons into your dishes, beverages and decor. Always keep lemons on hand to really make your party spectacular!

Decorate

Lemon Potpourri

Bake lemon slices on a cookie-drying rack in a 175° F oven for four to six hours and then add to your potpourris. Dried slices are also great for decorating wreaths or adorning gift boxes, as they create a unique look and a wonderful aroma.

Sunny centerpieces

Lemons add a fresh look – and a fresh scent to any table. Create a lemon posey by starting with a clear glass container and then putting another slightly smaller container of the same shape inside it. Slice lemons and slide them between two containers. Fill the smaller one with water and your favorite yellow and white spring buds.



Lemon place card holders

Score a lemon, insert a name card in it and place at each setting for a bright burst of color on your table.

Add a touch

Floating lemons

Slice lemons into a clear glass pitcher of ice water, fruit punch, lemonade, sparkling water or wine spritzers to add flavor and sophistication to any refreshing beverage.

Recipes with a twist

For a fresh touch on your platters, line the bottom of a serving dish with slices of lemon and lay grilled lamb chops, jumbo shrimp or citrus-infused chicken salad on top – garnish with more slices of lemon and a few sprigs of dill. Go to Sunkist.com for recipe ideas.





MIND & BODY

Take a little time for yourself with these relaxing beauty treatments that feature Sunkist citrus. You deserve it!

Lemony Clean Skin

Oily skin got you feeling sour? Sunkist lemons can help!

Ingredients:

- 1 tsp powdered milk
- 1 tsp water
- 1 tsp freshly squeezed **Sunkist® lemon** juice

Directions:

In a small bowl, combine the powdered milk and water to make a soft paste. Apply the mixture to your face and massage for a few minutes. This will help to nourish the skin without drying it out. To remove the paste, take some freshly squeezed lemon juice and apply it to your skin with a tissue or cotton ball. This acts as a toner, ridding the skin of non-essential oils. Lastly, apply a light moisturizer, preferably oil-free.

Facial Steam

Relax your senses and steam away your troubles.

Ingredients:

- 1 large bowl
- 1 large bath towel
- 4 cups boiling water
- 1 sliced **Sunkist® lemon**
- 1 handful of mint leaves

Directions:

Place the large bowl on a table or other flat surface and add boiling water, Sunkist lemon slices, and mint leaves. Place the bath towel over your head and lower your face over the bowl. Breathe deeply for seven to ten minutes, allowing the aroma of the mint and lemon to calm your senses and remove impurities. This is also great home remedy for opening breathing passages during cold and flu season.



Sweet Smelling Scrub

This easy to make scrub delivers smooth skin and a sweet smell too!

Ingredients:

- 3 almonds
- The zest from 1 **Sunkist®** lemon
- 1 tsp freshly squeezed **Sunkist** lemon juice
- 1 tsp honey

Directions:

In a coffee grinder or food processor, grind together the almonds and the Sunkist lemon zest. In a small bowl, combine the mixture with lemon juice and honey until it forms a grainy cream. Apply the mixture to your face, massaging in a circular motion to lift and remove all of the dirt and exfoliate the skin. Rinse with warm water. Your skin will be smooth with a fresh citrus scent.

Citrus Scented Bath

An unforgettable bathing experience!

Ingredients:

- 5+ candles
- 2 sliced **Sunkist®** lemons
- 2 sliced **Sunkist** oranges

Directions:

Draw the water for a hot bath and surround the tub, sink and floor with the candles. Once the tub is filled with steaming water, float the citrus slices on top of the water and light the candles. Sink in and enjoy the beautiful aroma from the citrus slices and the flickering lights of the candles.

Summer Highlights Anytime

Instead of lying in the sun for hours to get those summer highlights, use a Sunkist lemon and your hair dryer to get a similar effect.

Ingredients:

- 1 spray bottle
- 2 1/2 cups of water
- 2 tsp freshly squeezed **Sunkist®** lemon juice
- 1 hair dryer

Directions:

Combine water and freshly squeezed lemon juice in the spray bottle and shake. Saturate hair with the spray mixture (especially at the roots) and comb through. Turn the dryer on high heat until hair is dry. When you are done you will have a great summer look anytime of year!



To add brightness to hair, use a fresh lemon rinse. Strain lemon juice into warm water and rinse hair. Rinse again in clear water.



Citrus Cuticle Soak

Salon quality nails at home!

Ingredients:

- 2 tsp freshly squeezed **Sunkist®** lemon juice
- 1 tsp honey
- 1/2 cup warm water
- 1 cuticle stick

Directions:

In a small bowl, combine the freshly squeezed lemon juice and the honey. Stir vigorously for two minutes. Add the warm water to the mixture and continue to stir. Dip the tips of your fingers into the cuticle soak; leave each hand soaking for 5-7 minutes each. Remove hands and rinse in warm water and blot dry. Gently push the cuticles back with a cuticle stick. Apply cuticle oil or lotion once cuticles are to your liking, massaging at the nail beds. Apply nail polish as usual.

For more beauty tips, please visit
www.sunkist.com/healthy/beauty_tips.asp

Stress Relief

Stress is your body's biological reaction to perceived danger – the so-called fight or flight response. Frequent or unresolved stress can disturb your sleep, cause headaches and other physiological symptoms and play a role in several types of chronic health problems, including cardiovascular disease.

Try these simple tips using Sunkist citrus to help you relieve stress and enjoy a healthier lifestyle.

Lemons and Water

Frazzled and rattled? Take a hydration break. Enjoy a tall, cool glass of water flavored with Sunkist lemon slices. Savor the refreshing taste and aroma. Close your eyes between sips and breathe deeply.

Take a Lemon-Scented Bath

Float slices of lemon in a tub of warm water for a refreshing, stress-busting soak. Add in an aromatherapy element with fragrant citrus-scented candles.

NOTE: The contents of Sunkist Healthy Living are for informational purposes only and are not intended to be a substitute for professional advice. Always seek the advice of your physician or other qualified health provider prior to use of these treatments. Conduct a patch test 48 hours before trying these spa treatments to check for allergies.



LEMONICIOUS

Combining the best of tradition with today's tastes and cooking techniques, tantalize your taste buds with the lemony goodness of these lemon-inspired treats.



Lemons yield more juice when left at room temperature and rolled on the counter with the palm of the hand before squeezing.

- 1 cup juice = 6 medium lemons
- 3 tsp grated peel = 1 medium lemon

Beverages

Sunkist® Old Fashioned Lemonade

Ingredients:

- 1 cup freshly squeezed **Sunkist®** lemon juice
- 4 cups water
- 3/4 cup sugar
- 1 **Sunkist lemon**, cut into cartwheel slices
- Extra sugar to taste (optional)
- Ice cubes

Directions:

- Combine Sunkist lemon juice and 3/4 cup sugar in large pitcher, and stir to dissolve sugar.
- Add water and blend well.
- Sweeten to taste by adding extra sugar if desired.
- Pour over ice into a tall glass and garnish with a lemon cartwheel slice

Makes 4 (12 oz.) glasses

Add 1 to 1-1/2 cups of pureed strawberries, raspberries or blueberries for a refreshing twist on this traditional recipe. Other flavors you can enjoy in fresh lemonade include: a bit of chopped crystallized ginger, fresh mint leaves or a few drops of mint extract.



To make colorful ice cubes, drop small wedges of lemon, maraschino cherries, strawberry halves or any other colorful fruit into ice cube trays. Fill with water and freeze. Serve with lemonade in clear beverage glasses.



Sunkist® Orange Lemonade

Ingredients:

- 2 cups freshly squeezed **Sunkist® orange*** juice
- 1 cup freshly squeezed **Sunkist lemon** juice
- 3 cups water
- 1/2 cup sugar
- 4 **Sunkist orange*** slices, 1/2" thick
- 4 **Sunkist lemon** slices, 1/4" thick

Directions:

- Combine lemon juice, water and sugar, and blend well to dissolve sugar.
- Add orange juice, mix well and chill.
- Place 1 orange slice and 1 lemon slice with ice cubes in a tall glass and fill with orange lemonade.

Makes 4 (12 oz.) glasses

*Use **Sunkist Navel, Valencia** or **Cara Cara** oranges



Cocktails

Lemon Drop

Ingredients:

- 2 oz Citron Vodka
- 1/2 oz Limoncello Liqueur
- 1/4 oz freshly squeezed **Sunkist® lemon** juice
- Sugar, as needed
- 1 lemon twist, for garnish

Directions:

- Fill a shaker cup with vodka, Limoncello, lemon juice and 1 tsp sugar. Cover and shake well.
- Pour into sugar rimmed martini glass and garnish with a lemon twist.



Lemon Banger

Ingredients:

- 1 1/2 oz Limoncello Liqueur
- 3 oz freshly squeezed **Sunkist® lemon** juice
- 1 1/2 oz Water
- 1 Tbsp sugar
- 3/4 oz Galliano® Liqueur

Directions:

- Fill a shaker cup with ice, Limoncello, lemon juice, water and sugar and mix well.
- Strain into a glass filled with ice.
- Float Galliano on top and serve.



Appetizers & Snacks

Sunkist® Crab and Artichoke Bake

Ingredients:

- 3 Tbsp Butter
- 3 Tbsp all purpose flour
- 1/4 cup freshly squeezed Sunkist® lemon juice
- 1 cup whole milk
- 12 oz crabmeat
- 1 cup canned artichoke hearts, drained and quartered
- 1 cup sliced mushrooms, sautéed
- 1/4 cup red bell peppers, diced
- 1/4 cup Parmesan cheese, grated
- 2 Tbsp fresh parsley, chopped
- 1/4 tsp salt
- 1/8 tsp white pepper
- 1/4 cup Panko bread crumbs
- 8 tsp melted butter

Directions:

- Preheat oven to 375° F.
- Make a roux by melting butter in a small saucepan over medium heat and then adding flour. Cook, stirring until bubbly.
- Stir in lemon juice using a whisk, and then slowly add in the milk, whisking constantly until mixture thickens. Remove from heat and let cool.
- In medium bowl, combine crabmeat, artichokes, mushrooms, diced bell peppers, Parmesan cheese, chopped parsley, salt and pepper. Add cream sauce and toss gently to coat ingredients.
- Divide crab mixture (approximately 3/4 cup each) and place into 4 individual casseroles or soufflé dishes. Sprinkle each casserole with 1 Tbsp Panko bread crumbs and drizzle with 2 tsp melted butter.
- Bake for 15 – 20 minutes, until top is lightly browned and mixture is bubbling.
- Serve warm.

Makes 4 servings





Hummus Bi Tahina

Ingredients:

- 1 16 oz can garbanzo beans, drained
- 1/2 cup reserved liquid from beans
- Juice and zest of 1 **Sunkist® lemon**
- 1/4 cup sesame seeds, toasted
- 1 clove garlic, quartered
- 1/4 tsp salt
- Crackers, pita bread or toast triangles

Directions:

- In blender or food processor, combine all ingredients until well blended.
- Cover and refrigerate until chilled.
- Serve with crackers, pita bread or toast triangles.



Sunkist® Fun Fruit Kabobs

Ingredients:

- 1 freshly squeezed **Sunkist® lemon**
- 1 medium banana, peeled, cut in 8 thick slices
- 1 small apple, cut lengthwise in quarters, each cut in half crosswise
- 1 medium **Sunkist orange***, peeled, segmented, each segment cut in half
- 8 medium strawberries or canned pineapple chunks, drained
- 1 cup chocolate pudding
- Candy sprinkles (optional)

Directions:

- As apple and banana pieces are cut, toss them gently in a small bowl of lemon juice to keep them from browning.
- With a sharp knife, cut slots in all fruit chunks so they can be speared easily.
- Starting and ending with orange pieces, thread one of each type of fruit on the sticks.
- Serve the pudding in several small bowls and the candy sprinkles in saucers, then dip and decorate.

*Use **Sunkist Navel, Valencia** or **Cara Cara** oranges



To keep fresh fruit such as apples, bananas and peaches from darkening, sprinkle with fresh lemon juice.



A bit of grated lemon peel adds a lively flavor to low-fat yogurt or sour cream, which can be used as a topping or dip for fresh fruit.

Entrées

Zesty Asian Lemon Chicken†

Ingredients:

- 1 tsp cornstarch
- 1 tsp fish sauce
- 3/4 lb chicken breast, cut into 1" cubes
- 1 Tbsp vegetable oil
- 1 tsp butter
- 2 cloves garlic, thinly sliced
- 1 stalk lemongrass, bottom 4" minced (about 1 Tbsp)
- 2 walnut-sized shallots, thinly sliced
- 1 **Sunkist® lemon**, zested

Ingredients for sauce:

- 1/4 cup freshly squeezed **Sunkist lemon** juice
- 1/4 cup chicken broth
- 1 Tbsp black pepper
- 1 Tbsp sugar
- 2 tsp cornstarch

Directions:

- Combine corn starch & fish sauce in a bowl. Add chicken and stir to coat. Let stand for 10 minutes.
- Combine sauce ingredients in a small bowl; stir until sugar is dissolved.
- Place a stir-fry pan over high heat until hot. Add oil and butter; stir until butter melts. Add garlic, shallots and lemongrass, and cook, stirring, until fragrant, about 30 seconds. Add chicken and stir-fry until cooked through, about 4 minutes.
- Add sauce and bring to a boil while stirring, until sauce thickens slightly. Add lemon zest and toss to coat.

Makes 4 servings

†Recipe adapted from Martin Yan's Quick & Easy (Chronicle Books, 2004)





Greek-Baked Alaska Halibut in a Pouch[†]

Ingredients:

- 4 Alaska Halibut steaks or filets (4-6 oz each), fresh, thawed or frozen
- 4 sheets aluminum foil (12 by 18 inches each)
- Greek seasoning or lemon pepper
- 1 Roma tomato, thinly sliced
- 1/2 cup thinly sliced red onion
- 1/2 small red bell pepper, thinly sliced
- 1/2 small green bell pepper, thinly sliced
- 2 tsp grated **Sunkist® lemon zest**
- 1 Tbsp freshly squeezed **Sunkist lemon juice**
- 2 Tbsp Fumé Blanc or other dry white wine
- 2 Tbsp olive oil
- 1 1/2 tsp dry oregano leaves
- 1/2 cup crumbled feta cheese
- Fresh chopped parsley, for garnish

Directions:

- Preheat oven to 450° F.
- If using frozen Alaska Halibut, rinse off any ice glaze under cold water and pat dry with a paper towel.
- Place the foil sheets, dull side up, on a countertop. Spray foil with cooking spray. Center halibut portions on each sheet of foil and sprinkle fish liberally with seasoning.
- In a small bowl, toss together the tomato, onion, peppers, lemon juice and zest, wine, olive oil, oregano and feta. Divide the topping evenly between the halibut portions and drizzle any remaining juice onto fish.
- To seal packets, bring up foil sides and double-fold top and ends. Seal packets well, but leave room for heat circulation inside.
- Place packets on a baking sheet and bake in preheated oven for 20-25 minutes for frozen halibut or 12-13 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.
- Carefully open packets at the table and garnish with parsley, if desired.

Chef's Note: This dish is excellent with 1/2 a cup of cooked rice placed under each halibut portion. The rice soaks up the excellent juice and flavor as the fish bakes. You may need to increase the cooking time by a couple of minutes with the addition of the rice.

Makes 4 servings



[†] Courtesy of the Alaska Seafood Marketing Institute

Sunkist® Lemon Crispy Chicken

Ingredients:

- 4 skinless, boneless chicken breasts
- 1/3 cup reduced fat mayonnaise
- 1/4 cup freshly grated Parmesan cheese
- 1/2 tsp dried oregano
- 2 Tbsp fresh parsley leaves, chopped
- Juice and zest of 1 Sunkist® lemon*
- 4 Tbsp dry bread crumbs
- Additional chopped parsley, for serving (optional)
- Additional lemon slices for garnish (optional)

Directions:

- Preheat oven to 375° F and coat baking pan with cooking spray. Blot chicken pieces with paper towels to dry surface.
- In a small bowl, stir together the mayonnaise, cheese, herbs, juice and zest. Roll each chicken piece in the mixture to coat lightly and completely. Sprinkle with bread crumbs.
- Place in prepared baking pan; bake 20 to 30 minutes, or until cooked through.
- Sprinkle with fresh parsley and garnish with sliced lemons if desired.

Makes 4 servings



Freeze freshly grated lemon peel in a small plastic bag so it is readily available to add flavor and aroma to your favorite meal.





Side Dishes and Sauces

Lemon Marinated Mushrooms

Combine 1 pound mushrooms, thickly sliced, 3/4 cup salad oil, grated peel of 1/2 lemon, juice of 1 lemon, 1 tsp each dried crushed oregano leaves and garlic powder. Marinate in refrigerator for several hours. Serve with toothpicks.

Makes 4 cups



Mediterranean Green Beans

Ingredients:

- 1 lb fresh green beans, rinsed and stems removed
- 2 Tbsp olive oil
- 2 Tbsp butter, melted
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup shredded Parmesan cheese
- Juice and zest of 1 **Sunkist®** lemon

Directions:

- Bring 1 inch of water to a boil in a 10-inch skillet. Add green beans and cook for 7-9 minutes, or until crisp-tender.
- Drain beans and return to skillet. Toss with olive oil, butter, garlic, lemon juice and zest, and salt and pepper.
- Continue cooking over low heat until warmed through, about 2 minutes.
- Top with Parmesan and serve.

Makes 4 Servings



Lemon Herb Rice

Bring 2 cups water to boil with 2 Tbsp butter or margarine, grated zest of 1 lemon and juice of 1/2 a lemon, and a 1/2 tsp of garlic salt. Stir in 1 cup of raw white rice. Reduce heat, cover and simmer for 20 minutes or until water is absorbed and rice is tender. Stir in 2 Tbsp each sliced green onions and chopped parsley, and 1 Tbsp of your favorite fresh herb. Ideal to serve with many entrées.

Makes 4 servings



For extra flavor and as a salt substitute, add a splash of fresh lemon juice to the water when cooking pasta or rice.

Baby Artichokes with Sunkist® Lemon Herb Mayonnaise

Ingredients:

- 4 small baby artichokes, trimmed 1 inch from top, stems trimmed, any small leaves removed from bottom, thorny leaf ends snipped
- 2 Tbsp freshly squeezed **Sunkist®** lemon juice
- Extra virgin olive oil, to taste
- Salt and pepper, to taste
- Sunkist Lemon Herb Mayonnaise** (see recipe below)

Directions:

- Wash and trim artichokes, brush all cut surfaces with lemon juice.
- Boil or steam in large pot until tender, about 30 minutes.
- Remove with tongs and drain, upside-down, until cool enough to handle.
- Spread leaves slightly, remove center leaves and spines.
- Cut into quarters and arrange on plates.
- Drizzle with olive oil, salt and pepper.
- Serve with small individual bowls (2 Tbsp each) of Sunkist Lemon Herb mayonnaise.

Makes 4 Servings

Sunkist® Lemon Herb Mayonnaise

Ingredients:

- 1/2 cup mayonnaise
- 1 Tbsp freshly squeezed **Sunkist®** lemon juice
- 1 tsp **Sunkist** lemon zest
- 1 Tbsp fresh chives, chopped
- 1 Tbsp fresh basil, chopped
- Salt and pepper, to taste

- Combine all ingredients in a medium bowl.
- Season to taste with salt and pepper.
- Divide into 4 equal portions and serve with Baby Artichokes.

Makes 4 Servings



Lemon Butter

Vegetables come alive with lemon butter. Just melt 1/2 cup butter or margarine and add the grated peel and juice of 1/2 a lemon. Add your favorite dried or fresh herb, if desired. Super over asparagus, broccoli or green beans.

Creamy Horseradish Dip

This is a great, easy dip for seafood or vegetables. Combine 1 cup low fat sour cream, grated peel and juice of 1/2 a lemon, 1 Tbsp each prepared horseradish and chopped green onion, and salt to taste.

Makes 1 cup



When cooking white vegetables such as cauliflower, potatoes or turnips, add lemon juice to the water to keep the vegetables looking fresh and add zing to the flavor!

Classic Vegetable Sauce

Combine 1/2 cup of reduced fat mayonnaise, juice of 1/2 a lemon and a dash of cayenne pepper. Use with artichokes and asparagus.



When making vegetable sauces such as hollandaise, béarnaise or Mornay from a packaged mix, stir in grated lemon peel for extra flavor.

Tartar Sauce

Combine 3/4 cup reduced fat mayonnaise, grated peel and juice of 1 lemon, 1 dill pickle and 1 green onion, both finely chopped.

Makes 1 cup

Lemon Ponzu Sauce

Combine 1/4 cup water, 2 Tbsp each soy sauce (reduced sodium, if desired) and white wine or sherry, with grated peel and juice of 1/2 a lemon. Serve as dipping sauce for baked fish, fish sticks or sushi.

Makes 1/2 cup



Sweet Treats

Sunkist® Best-Ever Baked Rice Pudding

Ingredients:

- 3 eggs
- 1/3 cup sugar
- 1/4 tsp salt
- 2 cups milk
- 2 cups cooked rice
- 1/2 cup golden raisins
- Grated peel of 1 Sunkist® lemon
- Warm Lemon Sauce (see below)

Directions:

- Preheat oven to 325° F
- In bowl, beat eggs slightly with sugar and salt
- Stir in milk, cooked rice, raisins and lemon peel
- Pour into well-buttered 1-quart casserole
- Bake, uncovered, at 325°F for 50 to 60 minutes, or until set
- Serve with Warm Lemon Sauce

Makes 6 servings



Warm Sunkist® Lemon Sauce

Ingredients:

- 1/3 cup sugar
- 2 Tbsp cornstarch
- 1/8 tsp salt
- 3/4 cup water
- Grated zest of 1/2 a Sunkist® lemon
- Juice of 1 Sunkist lemon
- 1 Tbsp butter or margarine
- Dash of nutmeg (optional)

Directions:

- In small saucepan, combine sugar, cornstarch, salt and nutmeg.
- Gradually blend in water, lemon zest and juice.
- Add butter. Cook over medium heat, stirring until thickened.
- Serve warm over Best-Ever Baked Rice Pudding.

Makes about 1 cup



Sunkist® Lemon Curd

Ingredients:

- 2 eggs, yolks only
- 1 whole egg
- 3/4 cup of freshly squeezed **Sunkist®** lemon juice (4-5 lemons)
- Zest of 1 **Sunkist** lemon
- 3/4 cup sugar
- 1/4 cup butter or margarine, cut in pieces

Directions:

- In saucepan, lightly beat 2 egg yolks and 1 whole egg.
- Add lemon juice, zest, sugar and butter.
- Cook over low heat, whisking briskly, until mixture thickens, approximately 8 minutes.
- Cool, stirring occasionally with whisk.
- Cover and chill for at least 2 hours or overnight.
- Serve in hollowed lemon shells (optional) or individual ramekins.



Makes 4 servings

Lemon Sugar

Combine 1 cup of sugar with the grated peel of 1 lemon; store in tightly covered container.



Keep lemon sugar on hand to serve in hot or iced tea, over fruits, or to sprinkle on pancakes, waffles or cereal.



For extra zip in sugar or butter cookies, add the grated peel of one lemon to the dough or sprinkle with lemon sugar before baking



Add a squeeze of fresh lemon juice to any fruit pie or cobbler. It will enhance the natural flavor of the fruit.



Sunkist® Lemon Tart

Ingredients for pastry:

- 1/4 cup sugar
- 1 cup flour
- 1/4 tsp salt
- 1/2 cup (1 cube) butter, cut in pieces
- 1 Tbsp vanilla

Ingredients for filling:

- 1 1/4 cup sugar
- 6 Tbsp cornstarch
- 1/4 tsp salt
- 2 cups boiling water
- 1/4 cup (1/2 cube) butter, cut in pieces
- 3 egg yolks, lightly beaten
- 1 Tbsp freshly grated Sunkist® lemon zest
- 1/2 cup freshly squeezed Sunkist lemon juice (approx 2-3 lemons)
- 2 Sunkist lemons, sliced thinly for garnish
- Mint sprigs, for garnish (optional)
- Whipped cream, for garnish (optional)

Directions for pastry:

Preheat oven to 375° F. Place sugar, flour, and salt in large bowl. With pastry blender or fork, cut pieces of butter into dry ingredients until mixture is soft and crumbly. Blend in vanilla. Coat 10" tart pan (with removable bottom) with cooking spray. With lightly floured hands, press pastry mixture evenly onto bottom and sides of prepared pan. Prick sides and bottom of tart crust with a fork. Chill crust in freezer for 30 minutes or overnight. Remove from freezer, then bake crust until lightly browned, about 20 minutes. Remove tart crust from oven and adjust oven temperature to 400° F. Cool crust before adding filling.

Directions for filling:

Combine sugar, cornstarch, and salt in 2-quart saucepan. Combine boiling water with lemon zest and add to saucepan. Over medium heat, stir mixture constantly until thickened. Continue cooking and stirring for about 20 minutes. Remove pan from heat, and stir in butter pieces until melted. Combine egg yolks and lemon juice and slowly add to mixture, stirring constantly. Return pan to heat and allow to heat through again until steaming, stirring often to prevent scorching. Remove from heat and fill cooked tart shell. Bake tart for 10-15 minutes, until filling is slightly set.

Cool completely before serving. Place lemon slices on top of tart for decoration and top with a mint sprig and whipped cream (optional). Remove bottom from tart to serve.

Makes 8-10 servings





Garnishes

Lemon Boats

Cut an unpeeled lemon in half lengthwise. Carefully ream out juice. Scrape shells clean with a spoon. To prevent tipping cut a thin slice off bottom of each shell. Fill with ice cream, frozen yogurt, tartar sauce, relishes or dressings.



Lemon Stars

With a sharp knife, make saw tooth cuts evenly around middle of lemon, cutting to the inside center only, twist and gently pull the lemon apart to provide 2 star garnishes. Lemon stars add a lovely touch to fish or poultry platters.



Cartwheel Twists

Make one cut from the center of an unpeeled cartwheel slice through the outer peel. Twist the ends in opposite directions, standing the cartwheel gently. Use plain or decorate with parsley.



Lemon wedges, cartwheel slices and lemon twists add extra flavor and color to cold drinks. Top restaurants serve lemons in glasses of water, brewed ice tea and diet cola for better flavor and appeal.



HOUSEHOLD TIPS



Nature's own room freshener...a bowl of lemons in the kitchen, dining room or bath for a wonderful aroma



Odors, such as onion, fish or household bleach, can be removed from hands by rubbing with a wedge of lemon. Helps keep hands smooth and soft as well



Use fresh lemon juice to clean copper. Create a paste of lemon juice and salt and rub item with the mixture to remove oxidation. Rinse very well with clear water and dry. It's environmentally friendly!



Left over lemon shells can be used to fertilize roses or other plants needing the extra acidity



To remove grease and oil from hands, rub with a cut lemon



To renew glass sparkle and brightness, rub glass with cut lemon or soak in lemon juice and water. Rinse well and then dry with a lint-free cloth. This is especially good for glass decanters and coffee pots



Put some lemon peel in the fireplace for a lovely fragrance when the fire is lit



To remove odors from cutting boards, bleach occasionally by rubbing with half a lemon. Rinse well and dry



Keep your garbage disposal smelling fresh by grinding up lemon shells after juicing



Conclusion

Any way you slice it, there's never been a better time for Sunkist citrus. Packed with nutrition and bursting with flavor, few foods are more versatile than fresh citrus. As eating trends continue to highlight natural nutrition, fresh citrus leads the way with nutrient-rich benefits. Sunkist citrus also plays perfectly to the focus on fresh and flavorful. In popular restaurants and home kitchens, in dishes such as salads and entrées, ethnic and comfort foods, citrus lends an incomparable, harvest-fresh taste. Bring a burst of sunshine into your kitchen with Sunkist lemons!

For more great tasting recipes, tips and nutritional information, visit
www.sunkist.com

