SUNKIST LEMONS
bring out the flavor!
LEMONS FIND THEIR WAY successfully into the best culinary society, since they are a popular food as well as a food accompaniment. Their universally favored flavor has placed them upon the every-day shopping lists of the nation. Chief among their many merits is their adaptability to the various menu items.

Appetizers take on added zest with lemon juice. Fish and meat are dietetically balanced, as well as pleasantly flavored by lemons.

Vegetables meet no rebuffs when seasoned with this wholesome acid fruit. Natural flavors are enhanced, hidden flavors developed, and subdued or lost flavors retrieved by the use of lemon when preparing these diet essentials.

Salads and salad dressings look upon lemon as an indispensable ally.

Lemon pies: who needs further encouragement here? Other desserts have included lemon, juice and peel, for flavor since recipe records began.

In the Sunkist testing and diet kitchen, there have been discovered some less familiar ways of including lemons in the dietary. They are offered in this book as possible surprises to those who enjoy the unusual or novel in menu-making.

Lemonade is the queen of beverages. Many other thirst quenchers depend upon the fragrant, juicy lemon for the flavor this versatile fruit provides.

If proof that lemon adds flavor is needed, the following pages will interest present and future lemon devotees. Have a plentiful supply of lemons in your kitchen at all times.

SUNKIST LEMON GARNISHES

Lemon garnishes are standard accompaniments, lending flavor, decoration and distinction to many foods. These garnishes may be plain or decorative slices or the more practical juice-providing quarters or halves. They may appropriately appear on the dining table as a regular item.

The lemon quarters and the decorative designs pictured on the opposite page, are easily copied with the use of a sharp knife or scissors. To heighten effect, the lemon may itself be garnished with chopped mint, pimiento strips, paprika and parsley.
Menu Suggestions

DRAWING-ROOM SERVICE (before formal dinner): Provide buffet appetizers, also fruit juice cocktails as orange, tomato, prune or pineapple, with lemon garnish.

FORMAL DINNER: Serve oysters with Lemon Cocktail Sauce and lemon garnish.

ANY MEAL (formal or informal): Serve melon as cantaloupe, honey dew, Persian or casaba and fruit juice cocktails with lemon quarters.

DINNER OR LUNCH: Accompany soups as bouillon or consommé, hot or iced; bean or lentil soup; certain cream soups, such as tomato, asparagus, spinach, or green pea, with lemon slices.

The Appetizer Course sets the rhythm for the meal. Correctly introducing meals of every type, the lemon-garnished first course awakes appetites to appreciate the foods that follow. The zestful flavor of this fruit also stimulates appetite and so aids digestion, while its decorative color pleases the eye.

Lemon with Shellfish

Allow 6 oysters or clams to each serving. Arrange on half shell on plate of crushed ice. In center place a cup filled with Lemon Cocktail Sauce. For service without half shell, drain oysters or clams. Arrange on greens around cup of Lemon Cocktail Sauce, or serve with sauce in cocktail glasses. Garnish both with Sunset lemons.

Hot steamed shellfish are served with melted butter and lemon juice.
COCKTAIL SAUCE FOR SHELLFISH
1 tablespoon horseradish
1/2 cup tomato catsup
6 tablespoons Sunkist lemon juice
Dash of tabasco sauce
Salt to taste

Blend well. Serve very cold. (Serves 4.)

SEA FOOD COCKTAIL
1 cup shrimp, lobster, crab, tuna or a combination of these
1/2 cup finely cut celery
3/4 cup tomato catsup
1 teaspoon Worcestershire sauce
1/4 cup Sunkist lemon juice
1 tablespoon finely cut chives or onion

Mix ingredients. Chill thoroughly. Serve in cocktail glasses. Accompany with lemon quarters. (Serves 4-6.)

LEMON CUP APPETIZERS
2 large Sunkist lemons
Cut in halves and remove a slice from bottom of each half so cups will stand level. Extract juice and clean out shells. Combine:

1 small can sardines, cut in pieces
1 chopped hard cooked egg
1/2 teaspoon minced onion
1/2 tablespoon Lemon Mayonnaise
1 tablespoon Sunkist lemon juice

Fill lemon cups with mixture. Top each with a slice of stuffed olive. Chill in refrigerator. Serve in individual lettuce cups. (Serves 4.)

ICED CONSOMMÉ
Prepare jellied consommé as directed on cans; or add to each pint of hot soup stock 1 tablespoon of gelatine softened in 2 tablespoons cold water. Chill. Serve with Sunkist lemon quarters.
LEMON WITH FRUIT JUICES
Always accompany fruit juice cocktails—orange, tomato, prune, pineapple—with Sunkist lemon quarters. The lemon adds flavor freshness, as well as health value, to canned fruit juices.

LEMON FRUIT COCKTAIL SAUCE
\[ \frac{1}{2} \text{ cup sugar} \]
\[ 1 \text{ cup water} \]
\[ \frac{1}{4} \text{ cup any red jelly} \]
Boil for 5 minutes. Chill. Add:
\[ \frac{1}{4} \text{ cup Sunkist lemon juice} \]
Pour over:
\[ 3 \text{ cups any diced fruit mixture or melon balls} \]
Serve in cocktail glasses. (Serves 6.)

Spiced Lemon Cocktail Sauce: For jelly, substitute \( \frac{1}{6} \) teaspoon each of cinnamon and nutmeg.

Note: The addition of 2 to 4 tablespoons of Sunkist lemon juice with an equal amount of sugar gives a zest to any fruit cup.

LEMON COCKTAIL PUNCH
Put 1 tablespoon Sunkist lemon juice in cocktail glass. Fill two-thirds full with chilled ginger ale. Add a spoonful of Lemon Sherbet (page 23). Garnish with a sprig of mint. This is a most delicious and refreshing appetizer. (Serves 1.)

PIED PIPER FRUIT CUP
Serve over any fruit cocktail mixture a combination of finely cut dates, dried prunes, raisins, candied or maraschino cherries and a generous portion of Sunkist lemon juice.

MELON A LA HOLLYWOOD
Serve one or more Sunkist lemon quarters with chilled cantaloupe, honey dew, casaba, or Persian melon.
BUFFET APPETIZERS

Sunkist Canapés: For bases use crisp crackers; butter thins; bread shapes, fresh, fried or toasted; or commercial canapé shapes. For fillings, cover with Cheese, Avocado, Tuna or Salmon Salad Spreads. Garnish with slices of stuffed olive, fancy shapes cut from pimiento or green pepper, parsley, chopped egg, or flutings of cream cheese from pastry tube. A small wedge, cut from a Sunkist lemon slice, makes a decorative and flavorful garnish for canapé centers.

Anchovy and Caviar Canapés: Spread any of canapé bases given above, with anchovy paste or caviar, seasoned generously with Sunkist lemon juice, or spread with Lemon Sandwich Butter and top with anchovy rolls or filets. Decorate with a piece of Sunkist lemon.

Shrimp Canapés: Spread canapé bases with Shrimp Butter. Top each with a small whole shrimp.

Sardine Canapés: Spread toast strips with Lemon Sandwich Butter. On each place a tiny sardine. Squeeze lemon juice over sardine. Garnish with stuffed olive slice.


Stuffed Celery: Stuff celery stalks with Cheese or Avocado Spreads.

Potato, Corn or Crupoo Chips: Cover with Cheese Spreads just before serving.

Canapé and Sandwich Spreads

SUNKIST LEMON JUICE gives a welcome tartness to meat, egg, fish and other canapé and sandwich spreads. Add juice as desired to fillings. Spread bread with Lemon Sandwich Butter before covering with fillings.

LEMON SANDWICH BUTTER: Cream 2 tablespoons Sunkist lemon juice with 1/2 pound sweet butter. (Makes 16-18 sandwiches.)

LEMON BUTTER PIQUANT: Add 2 tablespoons horseradish and 4 tablespoons chopped watercress to Lemon Sandwich Butter.

CHEESE SPREADS: Blend cream cheese with Sunkist lemon juice to taste. If desired, add one or more of the following: chopped watercress, green pepper or celery; minced olives or pimiento; chopped nuts.

AVOCADO SPREAD: Beat pulp of ripe avocado with Sunkist lemon juice and salt to taste. If desired, add finely cut chives or a scraping of sweet onion.

SHRIMP BUTTER: Blend 1 cup creamed butter, 1 cup finely minced cooked shrimps, 1/4 cup Sunkist lemon juice, with salt and paprika to taste.

TUNA OR SALMON SALAD SPREAD: Combine 1 cup tuna or salmon, minced; 1/2 cup each of minced green pepper and celery; 2 tablespoons Sunkist lemon juice and Lemon Mayonnaise to spread.
**LEMON WITH FISH** is a famous food affinity, and lemon is increasingly popular with meats. The juice provides a natural sauce for these foods, desirable both for flavor and dietetic balance. Used in their cooking, it seasons them, while lemon garnishes give to these more sober foods a finishing touch acclaimed by best food fashion.

**BAKED FISH WITH LEMON**

Rub Sunkist lemon juice over fish to be baked, covering the inside as well as outside. Salt and stuff or not as desired. Put in well-greased pan, dot with butter and bake at moderate temperature until done (about 12 minutes to the pound). Serve garnished with parsley and Sunkist lemon slices or quarters. These should be large enough, and plentiful enough, to provide ample juice for flavor. Fish steaks may be baked in similar fashion. Rub both sides of steak with the lemon juice.

**Broiled or fried fish** should also be prepared by rubbing with lemon and served with lemon garnish.
LEMON SMOTHERED CHOPS

2 pounds pork or lamb chops, cut thick

Put in a large covered skillet or chicken fryer. Cover top of meat closely with:

2 unpeeled Sunkist lemons, sliced
1 large sweet onion, cut in rings
1 green pepper, cut in rings
1 teaspoon salt

Pour over all:

2 cups tomato juice

Dot with flakes of fat cut from meat or butter. Cover and cook on top of stove 1 1/2 hours or until done. Lift onto a hot platter, being careful to keep lemon, onion and pepper slices in place. The meat cooked this way acquires a chicken texture and color, while the lemon, onion, pepper and tomato make a delicious sauce accompaniment. (Serves 6-8.)

LEMON MINT SAUCE

1 cup sugar, dissolved in
1/2 cup Sunkist lemon juice
1/4 cup finely minced mint leaves

Combine and let stand about 1/2 hour. Best with lamb. (Serves 6.)

LEMON BUTTER FOR MEATS

2 tablespoons Sunkist lemon juice
3 tablespoons butter
1/4 teaspoon salt
1/4 teaspoon paprika
1 tablespoon parsley, finely chopped

Blend well. Serve on hot steak, chops or fish. An additional garnish of Sunkist lemon quarters provides more tartness, if desired. (Serves 4.)

Lemons with Meat

COLD CUTS: Decorate platters of cold sliced meats with Sunkist lemon garnishes.

GRILLS: In serving the meat grill combinations now so popular, Sunkist garnishes have a place.

STEAKS: To give a delicious flavor to steaks, let stand overnight in mixture of: 1/4 cup Sunkist lemon juice, 1/2 cup salad oil, 2 teaspoons onion juice or scraped onion, and 1 tablespoon Worcestershire sauce. Broil or pan-fry.

ROAST LAMB OR VEAL: Just before carving, pour generous amounts of melted butter over hot roast lamb or veal. Follow with an equal amount of Sunkist lemon juice. This imparts a delicious flavor. Lemon is an especially excellent flavor accompaniment for veal in all forms.

LEMON BASKETS: Cut Sunkist lemons in halves and remove pulp to make baskets or boats. Fill with Sunshine Lemon Jelly or Lemon Honey Jelly (page 26). Serve with meat, allowing a basket for each person.

FOR A REDUCING DIET use the juice provided by a Sunkist lemon garnish on meats, in place of rich sauces or gravies.
Lemons with Fish

TO KEEP FISH WHITE: Add 1 tablespoon Sunkist lemon juice and ½ teaspoon salt to 1 quart of water used for boiling fish.

CREAMED OR SCALLOPED FISH: For a welcome subtlety of flavor, sprinkle canned fish, such as salmon or tuna, with Sunkist lemon juice before adding white sauce.

FRIED OYSTERS: Serve with garnish of Sunkist lemon quarters, and, if desired, with Lemon Tartare Sauce.

FRITTERS AND CROquettes: Fish fritters and croquettes are extra delicious when served with Sunkist lemons.

WHITE FISH: Lemon Butter is especially good with fish not rich in fat.

FISH PLATE SERVICE: Center salmon, tuna or sardines on serving plate. Garnish with greens and a generous supply of Sunkist lemon quarters.

FISH IN OTHER COURSES: See suggestions for fish in appetizer course, pages 2, 3 and 5; in salad course, page 12.

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FISH IN LEMON ASPIC

2 tablespoons (2 envelopes) gelatine
¼ cup cold water
Sprinkle gelatine on top of water. Add:
1½ cups hot water
½ teaspoon salt
1 tablespoon sugar
½ cup Sunkist lemon juice
Cool and add:
1 cup of any cooked or canned fish, flaked
2 tablespoons chopped pimiento
1 cup chopped celery
Chill in individual molds. Unmold on crisp salad greens. With scissors cut the illustrated fish garnishes from Sunkist lemons. Accompany with Lemon Tartare Sauce in baskets made from Sunkist lemons.

(Serves 4-6.)

LEMON TARTARE SAUCE

1 cup Lemon Mayonnaise
½ teaspoon onion juice or 1 tablespoon chopped chives
2 tablespoons chopped sweet pickles or green relish Sunkist lemon juice
Combine, thinning to desired consistency with lemon juice.

(Serves 6-8.)

For Variation: Add chopped celery, capers, chili sauce, Worcestershire sauce, Angostura, or Tabasco.

CALIENTE SHRIMPS

Serve hot cooked shrimps with the following sauce:
¼ pound butter, melted
¼ cup Sunkist lemon juice
¼ cup catsup
1 teaspoon Worcestershire sauce
1 teaspoon paprika
Sugar, to taste
Mix and heat thoroughly. Serve sauce hot in individual bowls. Remove shells from shrimps and dip in the sauce one at a time. (Serves 4-5. Allow ¼ pound large shrimps to each person.)
Vegetables with Lemon tempt indifferent appetites. They are more than a garnish, since they help to restore the vitamin loss sustained in cooking. If the lemon juice has not been added in the cooking, see that the dining table offers an ample supply of juice-full quarters.

Spinach a la Sunkist

4 pounds spinach, cleaned thoroughly

Place in kettle without any water. Add:

\[
\frac{1}{2} \text{ cup salad oil} \\
1 \text{ tablespoon salt}
\]

Mix thoroughly. Cook 8 to 10 minutes. Stir or lift occasionally. Drain and chop. Add:

\[
\frac{1}{4} \text{ cup Sunkist lemon juice}
\]

Garnish with lemon. Other greens may be cooked by this same method.

(Serves 8.)
CHILLED VEGETABLE SALAD PLATE
Cole Slaw with Lemon Dressing
Julienne Carrots
Tomato Stuffed with Cottage Cheese
Artichoke Heart with Lemon Mayonnaise
Broccoli
Bran Muffins
Rice Pudding
Beverage

CHILD'S DINNER
Fruit Cup
Shirred Eggs
Lemon Buttered Cabbage
Baked Potato
Whole Wheat Bread
Butter
Celestine Lemon Tapioca
Raisin Cookies
Milk

LEMON CELERY VICTOR
1 stalk celery, tender portions, or
3 celery hearts
Cut into desired lengths (1 to 4 inches). Parboil in salted water 10 minutes. Drain. Cook 10 to 15 minutes longer in broth made by combining:

- 1 pint beef broth or consommé
- 1 teaspoon celery seed
- 6 pepper corns
- 4 tiny, dry red peppers
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 large or 2 small Sunkist lemons, cut in thin slices
- ¼ cup minced pimiento

Marinate until cold. Drain off liquid, retaining spices and lemon slices. Serve as an appetizer or a meat accompaniment.

LEMON BUTTERED CABBAGE
¼ cup melted butter
2 tablespoons Sunkist lemon juice
Blend. Pour this over:
Small head of cabbage, which has been cut in eighths and boiled 10 minutes

(Serves 4.)

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Small head of cabbage, which has been cut in eighths and boiled 10 minutes

(Serves 4.)

HARVARD BEETS
½ cup sugar, mixed with
½ tablespoon cornstarch
3 to 4 tablespoons Sunkist lemon juice
2 tablespoons salad oil or melted butter
¼ cup water

Mix well and boil 5 minutes. Add:
12 small beets, cooked and cut in cubes (about 2½ cups)
Let stand over low heat 20 minutes.  

(Serves 4-6.)
LEMON BUTTER FOR VEGETABLES

1/2 cup Sunkist lemon juice
2 tablespoons softened butter
1/2 teaspoon paprika
Dash of sugar for certain vegetables, if desired

Cream together. Serve over:

3 cups hot, diced vegetables

Especially good with okra, broccoli, cauliflower, carrots, and string beans. (Serves 6-8.)

COLE SLAW WITH LEMON DRESSING: Mix well
3/4 teaspoon salt, dash of pepper,
1 1/2 tablespoons sugar,
6 tablespoons coffee cream,
3 tablespoons Sunkist lemon juice. Combine with 2 1/2 cups chopped cabbage. Also good with lettuce. (Serves 6.)

LEMON HOLLANDAISE SAUCE

1 tablespoon salad oil

Heat in top of double boiler. Combine in order given:
2 tablespoons flour
1 cup milk

Stir continuously until thick, cooking for about 10 minutes. Add slowly, stirring constantly:
3 tablespoons salad oil

Remove from fire. Stir in, again mixing well:
1 teaspoon salt
1/2 teaspoon paprika
3 tablespoons Sunkist lemon juice

Beat in thoroughly, one at a time:
2 egg yolks

Reheat slowly, stirring all the time. Do not overcook. If sauce separates add 1 teaspoon cold water and stir well. Serve hot. (Serves 6-8.)

ARTICHOCKES: In boiling artichokes, add 2 slices of Sunkist lemon for every artichoke. It enhances flavor.

NEW POTATOES: Boil 12 medium-sized new potatoes. Drain. Blend 1/4 cup Sunkist lemon juice with 6 tablespoons browned butter. Pour over potatoes. (Serves 6.)

PICKLED BEETS: Cover cooked sliced beets with equal parts Sunkist lemon juice and water. Add sugar to taste. If liked, slices of sweet onion may also be added.

TO KEEP VEGETABLES WHITE: Sunkist lemon juice added to cooking water (2 tablespoons juice to 1 quart water), will keep cauliflower, corn, rice and potatoes white.

ASPARAGUS IN LEMON RINGS

Remove pulp from thick slices of Sunkist lemon. In these rings of peel, insert 3 or 4 stalks of cooked asparagus. Serve hot with Lemon Hollandaise Sauce.
Salad Tips

SALAD FRUITS: Bananas, apples, avocados, peaches and other fruits may be kept light in color and are improved in flavor by covering or sprinkling with lemon juice.

SALAD GREENS: Add a little lemon juice to water in which lettuce or other salad greens are freshened. It will revive and crisp them. For salads that are popular and different use a variety of salad greens—romaine, watercress, endive or chicory and lettuce.

SALAD GARNISH: A Sunkist lemon garnish dresses up a salad and provides additional juice for those who like more lemon than was used in the dressing. Especially good with seafood and meat salads.

Salad Perfection depends upon the dressing. The secret of the dressing is discovered in the lemon, which brings out the subtle taste values of the foods to be blended, while adding its own fresh goodness and dietetic value. Lemon juice is the keynote of delicious gelatine salads, while lemon pulp may replace other tart salad ingredients.

PACIFIC COAST FISH SALAD

1/2 cup Sunkist lemon pulp and juice
2 cups shredded lettuce
1/2 cup finely chopped celery
2 cups flaked tuna or salmon
3 tablespoons minced pimiento

Combine. Serve with Lemon Mayonnaise. (Serves 6.)

Lemon pulp may replace chopped pickle in fish, egg and other salads for a pleasing flavor variation. Use ¼ cup pulp to 1 cup shredded salad greens. To prepare pulp, peel lemons and with scissors cut in small pieces. Save juice and combine with pulp.
LEMON GELATINE RING SALAD

2 tablespoons (2 envelopes) gelatine
1/4 cup cold water

Soak 5 minutes. Add:
11/4 cups boiling water
1/2 cup Sunkist lemon juice
3/4 cup sugar
Few grains salt
2 cups cottage cheese

Pour into a 9-inch oiled, ring mold. Chill. Unmold on serving plate. Fill center of ring with:
2 cups Sunkist orange segments
1 cup seeded grapes or hulled strawberries

Garnish with mint or lettuce hearts and small clusters of grapes or unhulled strawberries. Serve with Lemon Mayonnaise.

(Serves 8.)

Variations: This lemon gelatine is a good base for other salads. Substitute for cottage cheese, 2 1/2 cups of diced or shredded vegetables (for example, 1 cup cooked peas, 3/4 cup diced cooked beets, 3/4 cup diced cooked carrots); or substitute 2 1/2 cups any combination of fruit pieces. See illustration opposite page.

CELEBRATION SALAD

2 1/2 cups cold diced chicken, marinated 1/2 hour in 5 tablespoons Lemon French Dressing

Combine with:
1 1/4 cups diced celery
1 cup seedless grape halves
3/4 cup mayonnaise

Serve in lettuce cups or cream puff shells. Garnish with Sunkist lemon quarters. Veal may be substituted for chicken.

(Serves 6.)

LEMON JUICE, A NATURAL DRESSING

Cut a lemon for a “ready-to-serve” salad dressing. The juice with sugar dresses lettuce, grated raw apple or carrots and fruit salad combinations and is liked by children. The juice with salt is good with avocado, tomato, cucumber, combination vegetable and other salads. Plain Sunkist lemon juice is the best dressing for reducing diets.
LEMON FRENCH DRESSING

1/2 cup Sunkist lemon juice
1/2 cup salad oil
1 teaspoon each of salt and paprika
2 tablespoons sugar or honey

Shake well before serving. Add 1/2 teaspoon celery seed and clove of garlic if desired. (Makes 1 cup.)

As a marinade Lemon French Dressing brings out hidden flavor in certain salad ingredients, such as cooked vegetables, meat and fish. Add it to these and let them stand until well seasoned. Drain. Just before serving combine with crisp salad greens. Serve salad with any preferred additional dressing.

Sweet French Dressing (for fruit salads): To Lemon French Dressing, add:
1/2 cup red jelly or another 1/2 cup honey

California Special French Dressing (for fruit salads): To Lemon French Dressing, add:
1 tablespoon finely cut blanched almonds
1 tablespoon finely cut watercress
1 tablespoon finely cut cherries

ROQUEFORT DRESSING

1 cup Lemon French Dressing
1/4 cup Roquefort or other nippy cheese, crumbled

Blend well. Serve on lettuce or other salad greens. (Makes 1 1/4 cups.)

LORENZO DRESSING

1/2 cup Lemon French Dressing
2 tablespoons chopped watercress
2 teaspoons chili sauce

Blend well. Serve on vegetable or meat salads.

For fruit salads, add 2 tablespoons each of currant jelly and small pieces of Bartlett pear. (Makes about 3/4 cup.)

GOLDEN STATE SALAD DRESSING

Combine and cook in double boiler until thickened:
2 eggs, slightly beaten
1/4 cup sugar
1/4 cup lemon juice
1/2 cup orange juice

Chill. If desired, fold in 1/2 cup cream, whipped.

LEMON FRENCH DRESSING
WITH VEGETABLE COMBINATION SALAD
LEMON MAYONNAISE

1 egg
\(\frac{1}{4}\) cup Sunkist lemon juice
1 teaspoon mustard
1 teaspoon salt
1 tablespoon sugar
Dash of pepper or paprika

Beat in slowly, using whirl type beater:
1 pint salad oil

Beat until dressing is thick. (Makes about 2 1/2 cups.)

For reducing diets, mineral oil may be substituted for salad oil in Lemon Mayonnaise, giving a dressing with a limited calorie value.

Avocado Mayonnaise (for fruit salads): Combine:
1 cup Lemon Mayonnaise
\(\frac{1}{2}\) cup mashed avocado

THOUSAND ISLAND DRESSING

\(\frac{1}{2}\) cup Lemon Mayonnaise
3 tablespoons chili sauce or catsup
2 tablespoons finely cut celery
2 tablespoons green pepper
1 chopped hard-cooked egg

Mix and chill. (Makes 1 cup.)

MAGIC LEMON MAYONNAISE

1 egg yolk
\(\frac{1}{4}\) cup Sunkist lemon juice
\(\frac{3}{8}\) cup sweetened condensed milk
\(\frac{1}{4}\) cup salad oil or melted butter
\(\frac{1}{2}\) teaspoon salt
1 teaspoon dry mustard

Beat or shake until mixture thickens. Add \(\frac{1}{4}\) cup more of lemon juice for a tarter flavor. (Makes 1 1/4 cups.)

COTTAGE CHEESE DRESSING

3 tablespoons Sunkist lemon juice
6 tablespoons cottage cheese
6 tablespoons evaporated milk
\(\frac{1}{2}\) teaspoon salt
2 teaspoons sugar or honey
Dash of paprika
1 tablespoon chopped chives, if desired

Beat until smooth. (Makes about 1 cup.)
LEMON MERINGUE PIE

Bring to a boil in saucepan on direct heat:
- 1 cup water or milk
- ¾ cup sugar
- ¼ teaspoon salt
- 1 teaspoon grated Sunkist lemon peel

Add:
- 5 tablespoons cornstarch, blended with ¼ cup cold water

Cook over low heat until thickened (about 5 minutes), stirring constantly. Remove from heat. Add separately, mixing well each time:
- 2 well-beaten egg yolks
- 1 tablespoon butter
- 6 tablespoons Sunkist lemon juice

Pour into an 8-inch baked or crumb crust pie shell. Top with Sunkist Meringue. Brown.

SUNKIST MERINGUE

For tender meringue, add gradually:
- 4 tablespoons sugar, to
- 2 egg whites, first beaten until frothy

Continue beating. Beat only until egg holds its shape in peaks. Fold in:
- 1 teaspoon Sunkist lemon juice

Cover pie. Brown in moderate oven (325° F.) for 15 minutes.

For a deeper meringue or larger pie, use 3 egg whites and 6 tablespoons sugar.

SUNKIST PASTRY

3 cups sifted flour
1 teaspoon salt

Sift together. Cut in:
- 1 cup shortening

Add:
- 1 slightly beaten egg, combined with 3 tablespoons Sunkist lemon juice

Add gradually:
Ice water—just enough to bind dough together

Roll pastry out thin and line pie plates. Bake in hot oven (475° F.) for 15 minutes. (Makes three 8-inch single pie shells. Keep unbaked dough in refrigerator until needed.)

LEMON COCONUT PIE

To Sunkist Lemon Meringue Pie filling, add ½ cup coconut. Sprinkle meringue with ¼ cup coconut before browning.

CHIFFON PUDDING PIE

Make Lemon Chiffon Pudding (page 23), omitting 3 tablespoons flour. Pour uncooked mixture into 8-inch pie shell, which has been baked 5 minutes in hot oven (450° F.). Finish by baking 45 minutes in moderate oven (325° F.).

LEMON SOUFFLE PIE

% cup Sunkist lemon juice
1 teaspoon grated Sunkist lemon peel
3 tablespoons hot water
¼ teaspoon salt
½ cup sugar
3 egg yolks, very well beaten

Cook in double boiler until thickened (about 15 minutes). Fold in:
- 3 egg whites, beaten stiff with ½ cup sugar

Fill 10-inch baked pie shell and brown in moderate oven (about ¼ hour).

LEMON ANGEL PIE

4 egg yolks
¾ cup sugar

Cream together thoroughly. Add:
- ¼ cup Sunkist lemon juice

Cook in double boiler until thickened (about 10 minutes), stirring often. Add:
- 1 tablespoon butter

Remove from heat and fold in:
- 2 egg whites, stiffly beaten

Pour into an 8-inch baked pie shell. Top with Sunkist Meringue made with 2 remaining egg whites. Brown in moderate oven (325° F.) for 15 minutes.
COOL LEMON PIES for 2 hours or more at room temperature for satisfactory cutting, unless recipe specifies otherwise.

BAKED PIE SHELLS: For never-fail results, use Sunkist Pastry wherever baked shells are required. A second pie plate set inside the pastry-lined plate during baking, insures a perfect shell.

CRUMB CRUST VARIATIONS: For graham cracker crumbs in Unbaked Crumb Crusts (page 19), substitute: rolled zweibach, corn flakes or rice crispies, or use finely ground Brazil nuts, walnuts or almonds, omitting butter and using 3 tablespoons sugar. The nuts are rich and thus best for individual pies. A mixture of 1/4 ground nuts and 3/4 crumbs gives a less rich crust with nut-like flavor.


TARTS: Fill small open tart shells of Sunkist Pastry with one of the following: English Lemon Cheese or Lemon Marmalade (page 26); Lemon Coconut Pie Filling, with coconut meringue; Lemon Gelatine Chiffon filling, with whipped cream topping.

LEMON PIE UNIQUE

Blend together. Sprinkle 1 1/2 cups of this mixture over pastry-lined pie pan, 8-inch size. Lay over the sugar and flour:

1/2 cup very thin slices, cut from peeled Sunkist lemons

Add:

1 teaspoon grated Sunkist lemon peel

Sprinkle remaining sugar and flour over lemon slices. Pour over this:

1 cup cold water

Mix lightly and dot with:

Butter (about 1 tablespoon)

Cover top of pie with strips of pastry in lattice fashion. Bake 10 minutes in hot oven (425° to 450° F.). Reduce oven to moderate heat (325° to 350° F.) and continue baking for 40 to 50 minutes. Best served slightly warm.

LEMON GELATINE CHIFFON PIE

Cook in double boiler until of custard consistency. Add to this mixture:

1 tablespoon (1 envelope) gelatine, soaked in 1/4 cup cold water

Stir until dissolved. Add:

1 teaspoon grated Sunkist lemon peel

Cool. When mixture begins to thicken, fold in:

4 egg whites, stiffly beaten with 1/2 cup sugar

Fill baked or crumb pie shell, 9-inch size, and chill. Just before serving, spread over pie a topping made by soaking for 1/2 hour:

12 marshmallows in 1 cup whipping cream

Whip until stiff. Pile onto pie. Serve cold. Or top with plain sweetened whipped cream.
**GOLDEN WEST LEMON PIE**

- 1/4 cup Sunkist lemon juice
- 1 teaspoon grated Sunkist lemon peel
- 3/4 cup sugar
- 1/4 teaspoon salt
- 3/4 cup water
- 3 eggs, whole

Beat vigorously with egg beater from 5 to 10 minutes. Bake in unbaked 8-inch pie shell 20 minutes in hot oven (425° F.), then 10 minutes in slow oven (250° F.).

**MAGIC LEMON BANANA PIE**

- 1 1/4 cups sweetened condensed (not evaporated) milk
- 1/4 cup Sunkist lemon juice
- Grated peel 1 Sunkist lemon

Stir until filling thickens. Add:
- 2 medium-sized bananas, cut in small pieces

Pour into 8-inch crumb crust pie shell. Cover with:
- 1/2 cup cream, whipped and sweetened with 2 tablespoons powdered sugar

Decorate top of pie with banana slices. Chill.

**UNBAKED CRUMB CRUSTS**

**Wafer Crust:** Arrange row of lemon or vanilla wafers to stand around edge of an 8-inch pie plate. Cover bottom of plate and fill spaces between wafers with:
- 3/4 cup rolled wafer crumbs, mixed well with
- 1/4 cup melted butter

**Graham Cracker Crust:** Cover sides and bottom of 8-inch pie pan with mixture of:
- 1 1/2 cups rolled graham cracker crumbs
- 1/4 to 1/2 cup melted butter
- 1/4 to 1/2 cup sugar

**LEMON FROZEN CREAM**

Make Graham Cracker Crust mixture with 1/2 cup each butter and sugar. Line refrigerator freezing tray with waxed paper. Spread bottom with half of cracker mixture and cover with Lemon Frozen Cream (page 22), which has been frozen and beaten as directed. Top with remaining crumb mixture. Freeze without stirring until firm.

(Serves 6-8.)
LEMON-FLAVORED DESSERTS of all types—cakes, fillings, frostings, sauces, frozen dainties, puddings—remain first favorites in menu-planning. The lemon makes a valuable contribution to these dishes by the fresh genuine flavor of its juice and the fragrance and zest of its peel.

DAINTY LEMON LAYER CAKE

\[
\begin{align*}
\frac{1}{2} \text{ cup butter or other shortening, creamed with} \\
1 \text{ cup sugar} \\
\text{Add:} \\
2 \text{ eggs, well-beaten} \\
\text{Sift together three times:} \\
2 \text{ cups measured and sifted pastry flour} \\
\frac{3}{4} \text{ teaspoon baking soda} \\
\frac{1}{2} \text{ teaspoon salt} \\
\text{Add flour to first mixture, alternately with:} \\
\frac{1}{2} \text{ cup sweet milk, soured with} \\
2 \text{ tablespoons Sunkist lemon juice}
\end{align*}
\]

Beat until smooth. Bake in 2 greased 8-inch layer cake pans in moderate oven (350° F.) 25 to 30 minutes. Cool. Spread Lemon Cream Filling between layers. Ice with Seven Minute Lemon Frosting. (Makes one 2-layer cake.)

GRATED SUNKIST LEMON PEEL may be used to flavor bread and biscuit doughs, pies, cakes, desserts, frostings, fillings, sauces and other foods, since it is preferred for flavor and economy to commercially prepared extracts.

TO PREPARE: Grate off only the outer yellow peel. This yellow portion contains the oils which give the characteristic flavor. May be mixed with sugar and kept in a tightly covered jar. The clean, waxy-textured skins of Sunkist lemons are especially suited for grated peel.
LEMON CREAM FILLING

1 egg yolk, beaten  
1/2 cup sugar  
2 level tablespoons cornstarch  
1/2 cup water  
1/4 cup Sunkist lemon juice  
1/8 teaspoon grated Sunkist lemon peel  

Cook in double boiler 15 minutes, stirring often.

Add:

1/2 tablespoon butter  

Cool before spreading on cake.

SEVEN MINUTE LEMON FROSTING

1 teaspoon white corn syrup  
7/8 cup sugar  
1 egg white  
3 tablespoons Sunkist lemon juice  
1/4 teaspoon grated Sunkist lemon peel  
Dash of salt  

Cook in double boiler 6 to 7 minutes, beating constantly with whirl-type beater. Remove from heat. Beat thoroughly and spread on cake.

LEMON REFRIGERATOR CAKE

24 marshmallows, cut fine and soaked 30 minutes in  
1 pint whipping cream  
2 tablespoons gelatine, softened 5 minutes in  
1/2 cup cold water  
1 1/2 cups sugar, brought to a boil with  
1 1/2 cups water  

Add sugar syrup to gelatine mixture. Add:

1/2 cup Sunkist lemon juice  

Cool. When beginning to stiffen fold in marshmallows and cream which have been beaten stiff. Pour into an 8 or 9-inch springform, lined with 18 to 24 ladyfingers. See illustration below. (Serves 12.)

Menu Suggestions

BUFFET SUPPER

Fruit Juice  
Hot Baked Ham or Turkey  
Glazed Sweet Potatoes  
Orange Cranberry Relish Salad  
Olives  Celery Hearts  Jelly  
Hot Parker House Rolls  
Lemon Refrigerator Cake  
Cheese Tray  
Beverage  

PATIO LUNCHEON

Fruit Salad Bowl  
Creamed Tuna in Casserole  
Spanish Rice  
Hot Corn Sticks  
Sunkist Lemon Meringue Pie  
Beverage  

DINNER MENU

Consommé  
Roast Lamb  Mint Sauce  
Green Peas  Mashed Potatoes  
Lemon Buttered Cabbage  
Sesame Seed Rolls  
Shredded Carrot and Raisin Salad  
Lemon Chiffon Pudding  
Beverage  

SPECIAL PARTY

REFRESHMENTS

Celebration Salad in Lettuce Cups  
Olives  Salted Nuts  
Spiced Peaches  
Assorted Sandwiches  
Dainty Lemon Layer Cake  
Ice Cream  
Beverage
Dessert Suggestions

BAKED BANANAS WITH LEMON SAUCE: Peel bananas. Roll in Sunkist lemon juice. Bake in a well-buttered dish for 15 to 20 minutes in moderately hot oven (400 degrees F.). Serve hot, with hot Lemon Clear Sauce or Sunkist lemon juice and sugar. Bananas may be rolled in coconut before baking.

LEMON CHOCOLATE TEA CAKES: Bake devil's food or chocolate cake in shallow pan. Ice with Seven Minute Lemon Frosting. Cut into diamonds, squares, triangles, or crescents.

LEMON COCONUT CAKE: Add \( \frac{1}{2} \) cup coconut to Lemon Cream Filling used with Dainty Lemon Layer Cake, and sprinkle frosted cake with coconut.

LEMON SHERBET SURPRISE: For an especially good and easily prepared dessert, top fruit cup with 2 or 3 spoonfuls of Lemon Sherbet. Suitable for a first course, too.

FRUITS COOKED WITH LEMON: Sunkist lemon slices, grated peel, or juice give a fragrant and additionally pleasing flavor to such cooked, dried or fresh fruits as prunes, pears, apples, apricots, peaches, figs and raisins. Lemon is an especially good addition to fresh apple sauce.

CELESTINE LEMON TAPIOCA

\[
\begin{align*}
\frac{1}{4} \text{ cup quick cooking tapioca} \\
\frac{3}{4} \text{ cup sugar} \\
\frac{1}{4} \text{ teaspoon salt} \\
2 \text{ cups rapidly boiling water}
\end{align*}
\]

Bring to a brisk boil in upper part of double boiler over direct heat, stirring constantly. Place over boiling water and cook 5 minutes, stirring occasionally. When slightly cool, add:

\[
\begin{align*}
\frac{1}{4} \text{ cup Sunkist lemon juice} \\
1 \text{ teaspoon grated Sunkist lemon peel}
\end{align*}
\]

Chill. Fold in:

\[
\frac{1}{2} \text{ cup cream, whipped}
\]

Serve with maraschino cherry garnish. (Serves 6.)

LEMON FROZEN CREAM

\[
\begin{align*}
2 \text{ eggs, beaten until lemon-colored} \\
\frac{1}{2} \text{ cup sugar}
\end{align*}
\]

Add sugar gradually to egg until mixture becomes a thick custard-like consistency. Combine with:

\[
\begin{align*}
\frac{1}{2} \text{ cup light corn syrup} \\
2 \text{ cups top milk (or 1 cup milk and 1 cup coffee cream)} \\
\frac{1}{4} \text{ cup Sunkist lemon juice} \\
1 \text{ teaspoon grated Sunkist lemon peel}
\end{align*}
\]

Freeze in refrigerator tray at lowest temperature until stiff. When frozen, remove to a bowl and whip with an electric or hand beater until light and creamy. Return quickly to freezing tray. Finish freezing. This one stirring is all that is needed. Hold at middle control for serving. (Makes 1 quart. Serves 6-8).

A lemon cup or basket serves Frozen Lemon Cream or Lemon Sherbet attractively. Cut lemon peel half-way down fruit in strips. Remove pulp. As each shell is filled with frozen mixture, place it in freezing tray. Keep there until ready to serve.
LEMON SHERBET

2 cups sugar  
1 cup water

Boil together for 5 minutes. Fold syrup into:

2 stiffly beaten egg whites

Add, beating in well:

1 cup Sunkist lemon juice  
1 cup water

Pour into freezing tray and set cold control at fast freezing. Stir thoroughly after the first ½ hour. Return to freezing compartment and finish freezing; or freeze in crank-type freezer. (Serves 10.)

LEMON CHIFFON PUDDING

Cream:

5 tablespoons flour  
1 cup sugar  
3 tablespoons butter

Add:

2 egg yolks, beaten  
¼ cup Sunkist lemon juice  
1 cup milk

Fold in:

2 egg whites, stiffly beaten

Bake in an 8-inch pudding dish or individual custard cups, set in a pan of warm water. Bake 35 minutes in oven (360° to 375° F.). Will form a cake top with a layer of custard below. (Serves 4-6.)

LEMON CLEAR SAUCE

Mix:

1 level tablespoon cornstarch  
½ cup sugar  
1 teaspoon grated Sunkist lemon peel  
1 cup cold water

Boil 5 minutes. Remove from fire. Add:

2 tablespoons Sunkist lemon juice  
2 tablespoons butter  
Sprinkling nutmeg  
Sprinkling salt

Variation: Add ½ cup chopped dates, raisins, or marshmallows cut in bits. (Serves 4.)

LEMON HARD SAUCE

¾ cup softened butter  
2¼ cups powdered sugar  
1 egg yolk  
3 tablespoons Sunkist lemon juice

Cream together well. Fold in thoroughly:

1 egg white, stiffly beaten

This makes a delicious cake icing also. (Serves 8-10.)
Lemon Jelly and Marmalade Uses

LEMON JELLY AND MARMALADE (page 26) are wholesome sweets. Since lemons are always in market, such preserves may be made when other fruits are out of season. The clean, waxy-textured skins of Sunkist lemons make them best for marmalade use.

These sweets are especially good as spreads for bread, toast, biscuits, waffles, sandwiches, and as fillings for tarts and cakes. They are also very good meat accompaniments.

LEMON MAPLE DUMPLINGS are pictured above in a top-of-stove glass saucepan

Surprises with Lemon delight the gourmet. The dishes, featured here, provide menu surprises in a variety of novel ways. Breakfast, lunch, and dinner, although every-day events, should have special thought to make them interesting. This interest is furnished by the pleasing flavor of lemon.

LEMON MINCEMEAT

\[ \frac{1}{2} \text{ cup Sunkist lemon juice} \]
\[ 1 \text{ cup raisins, scalded, drained and chopped} \]
\[ 3 \text{ cups finely chopped apple} \]
\[ \frac{1}{2} \text{ cup chopped nuts} \]
\[ \frac{1}{4} \text{ cup lemon or orange marmalade} \]
\[ 2 \text{ cups sugar} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ 2 \text{ teaspoons cinnamon} \]
\[ 1 \text{ teaspoon cloves} \]
\[ 1 \text{ teaspoon ginger} \]

Combine ingredients. To make pies, add:

\[ \frac{1}{4} \text{ cup melted butter for each pie} \]

May be sealed and kept in sterilized jars. (Makes 1 quart or filling for 2 pies.)
LEMON MAPLE DUMPLINGS

Sauce: Cook in a saucepan until lemon slices look transparent, or about 20 minutes:
- 2 unpeeled thinly sliced Sunkist lemons
- 1 teaspoon butter
- 2 cups maple syrup

Into gently boiling mixture, drop spoonfuls of dumpling batter. Cover tightly and cook over a low flame for 20 minutes without removing cover. A glass top-of-stove saucepan makes it possible to watch dumplings as they cook.

Batter: Measure and sift together:
- 1 cup sifted flour
- \( \frac{1}{4} \) teaspoon salt
- 2 teaspoons baking powder
- 3 tablespoons sugar

Cut in:
- 1 tablespoon butter

Add, mixing thoroughly:
- 1 egg, well beaten
- \( \frac{3}{4} \) cup milk
- \( \frac{1}{2} \) teaspoon vanilla

This is a delicious surprise dessert. (Serves 6.)

LEMON CLOVER ROLLS

2 cups flour, sifted
\( \frac{1}{4} \) cup sugar
\( \frac{3}{4} \) teaspoon baking soda
\( \frac{1}{2} \) teaspoon salt
\( \frac{3}{4} \) cup shortening

Sift dry ingredients and work in shortening. Add:
- \( \frac{1}{2} \) cup milk, soured with
- 3 tablespoons Sunkist lemon juice

Knead slightly. Form dough into small, walnut-sized balls. Place 3 balls in each cup of a greased muffin tin. Sprinkle with sugar. Bake in hot oven (450° F.) 20 minutes. See page 30 for other suggestions for using lemon-soured milk. (Makes 16-20 rolls.)

SURPRISE SPREAD FOR WAFFLES

A simple but deliciously different spread for waffles is to sprinkle with sugar and follow with a squeeze of Sunkist lemon juice. Good on pancakes, too. The latter is a favorite English dish.
LEMON HONEY JELLY
Blend in a saucepan, then bring to a full, rolling boil:

- $\frac{3}{4}$ cup strained Sunkist lemon juice
- $2\frac{1}{2}$ cups full-flavored strained honey

Add, stirring constantly:

- $\frac{1}{2}$ cup liquid fruit pectin

Heat to a full boil. Make jelly test. Boil a minute or two longer if necessary. Remove from heat. Skim and pour into hot sterilized glasses. Cover with paraffin. (Makes about 5 glasses.) Delicious with hot biscuits as well as meats.

ENGLISH LEMON CHEESE

- 6 eggs, well beaten
- 2 cups sugar
- $\frac{1}{2}$ cup Sunkist lemon juice
- $\frac{1}{4}$ cup butter

Cook over hot water until thick. Pour into sterilized glasses. Use for filling for tarts or cakes or as a spread for toast and hot biscuits. Also known as lemon curd or lemon butter. (Makes 2-3 glasses.)

SUNSHINE LEMON JELLY

- 6 unpeeled Sunkist lemons, sliced very thin and cut crosswise into small pieces

Measure fruit. Add three times as much water. Boil about 20 minutes or until tender. Replace liquid boiled away with water. Strain through a jelly bag but do not squeeze. Allow $\frac{3}{4}$ cup sugar to each cup fruit juice. Cook in 2-cup lots to the jelly test—thick, reluctant drops from the spoon (about 10 minutes). Pour into sterilized jelly glasses. Cover with paraffin. This makes a delicious, clear jelly with a minimum of time and labor. (Makes eight 6-ounce glasses.)

Lemon Marmalade: Follow directions above but do not strain fruit through jelly bag.
BEVERAGES AND LEMONS are close companions, since lemons lend their refreshing qualities to all types of drinks. The abundant juice and fragrant yellow peel of Sunkist lemons have established them among food necessities in the beverage realm. Lemonade is the star thirst quencher. A good reamer, or an electric juice extractor, with a liberal supply of lemons, make it possible to prepare lemonade and other delicious and healthful drinks, quickly and easily.

SUNKIST LEMONADE
For each person served, allow:

- 1 Sunkist lemon
- 1 to 3 tablespoons sugar or honey
- 1 cup cold water
- Ice

Extract lemon juice. Add sugar to taste. Stir to dissolve. Add water. Serve over ice in large glasses. Garnish with lemon slice on rim and a maraschino cherry, if desired.

Lemonade Variations

- LEMON FIZZ: Make Lemonade with carbonated water.
- LEMON FLOAT: Add a dip of Lemon Sherbet (page 23) to Lemonade.
- LEMON SHAKE: Shake together well: ¼ cup sugar, ½ cup milk, ½ cup crushed ice (4 ice cubes).
- HOT LEMONADE FOR A COLD: To juice of 2 Sunkist lemons, add 1 cup boiling water. Sweeten to taste.
- LEMON BEVERAGE GARNISHES: Slip Sunkist lemon quarters or slices over glass rim or float slices or a strip of peel on drink. A bit of grated peel adds a pleasing flavor variation.
LEMON GINGER FLIP

1 Sunkist lemon, extract juice
1/2 Sunkist orange, extract juice
Sugar to taste
Crushed ice to fill 1/2 glass

Combine and fill glass with:
Ginger ale
Add:
A bit of shredded yellow peel from lemon

LEMON EGG-NOG

1 egg white, beaten stiff with
1 tablespoon sugar

Fold three-fourths of egg white into:
1 egg yolk, beaten well with
2 tablespoons Sunkist lemon juice, and
1 tablespoon sugar

Pour into a tall glass. Fill almost to top with:
Milk (fresh or evaporated)

Stir well. Top with remainder of egg white.
(Serves 1.)

GOLDEN GATE PUNCH

3/4 to 1 cup sugar
1 1/2 cups Sunkist lemon juice
1 cup Sunkist orange juice
2 cups grape juice or juice from any berry
6 cups water
Ice

Combine. Garnish with Sunkist lemon slices.
(Serves 10-12.)

LEMON WITH TEA

Correct tea service, formal or informal, includes Sunkist lemon garnishes. These may be decorative slices but should also always furnish the more practical, juice-providing quarters. Insert cloves, if liked. For iced tea, an end of the lemon makes an attractive garnish, as pictured.

Grated lemon peel (1 teaspoon for each 4 to 6 cups) gives tea a delicate flavor and aroma, reminiscent of rare and expensive blends. Place in teapot with tea (any kind). Add boiling water. The clean, waxy-textured peel of Sunkist lemons makes them ideal for these tea services.

With black coffee, hot or iced, the juice of a Sunkist lemon quarter is surprisingly good.

For a reducing diet lemon may replace sugar and cream in tea or coffee.
Lemons have rightfully earned their fame as a health-giving food. Their use in the healing arts dates back to the very beginning of medicine. In China, more than a thousand years ago, they were designated as the “long life fruit.” In Western countries they were credited with having conquered scurvy. Today they are the center of interest in world-wide studies dealing with increasing the immunity to many diseases. No other single fruit has had such wide application to health preservation and restoration as the lemon.

**Vitamins:** Lemons are a foremost source of vitamin C originally known as the “scurvy-preventing” vitamin. They are now regarded as additionally valuable for still another essential vitamin known chemically as “citrin.” Lemons are also a good source of vitamin B and contain vitamin A. The latter is associated with the yellow color of fruits and vegetables.

**Minerals:** Despite their acid taste, lemons produce an alkaline reaction in the body. They contribute to the needed mineral supplies of calcium, phosphorous and potassium in a two-fold manner: first, through the minerals contained in the lemon juice; second, through aiding the body to use the minerals, principally calcium, of other foods.

**Fruit Acids:** The pleasantly tart fruit acid (citric) of lemon juice stimulates the appetite and promotes digestion, and further serves as a non-habit forming regulator.

**Lemon juice in water** drunk with any meal is often found an aid to digestion where the natural stomach juices are deficient.

**Hot Lemonade** (page 27) is still the tried and true first home remedy in the treatment of colds. Strong lemonade—the juice of two lemons to a glass of hot water—is recommended.

**Lemon juice and honey** provide a soothing and easily prepared home remedy used for relief of throat tickling coughs. Combine equal parts of honey and lemon juice.

**A lemon juice bracer,** consisting of a glass of hot or cold water to which the juice of a lemon is added, and as some prefer it, an additional half teaspoon of baking soda (bicarbonate), is regarded as a regulatory drink on arising.

Truly, lemons are more than a mere “thirst quencher.”
Versatile! that’s the lemon. This fruit has many other indispensable household uses in addition to its familiar place in recipes. In the well-stocked kitchen, there will always be an ample supply of Sunkist lemons for these various needs.

To Sour Milk: Sweet milk soured with lemon, may be used exactly like natural sour milk or buttermilk in any baking soda recipe. For a liquid equal to natural sour milk or buttermilk, place 1 ½ tablespoons Sunkist lemon juice in a standard measuring cup. Fill to the 1-cup mark with fresh, sweet milk, or with diluted evaporated milk.

The same amount of lemon juice may be used in less than 1 cup of milk because with ½ teaspoon of baking soda, it provides as a rule sufficient leavening for 2 cups of flour. In these proportions there will be no lemon flavor. For a delicate lemon flavor, increase juice to 2 or 3 tablespoons without increasing baking soda. Lemon juice and baking soda produce baked products (see pages 20 and 25) with a fine grain, a firm moist crumb, and a crisp brown crust.

This lemon-soured milk is also a nutritious and healthful drink, tolerated by weak digestions. Mix fresh each time served. More or less lemon juice may be added, as taste dictates.

To Replace Vinegar: Lemon juice may replace vinegar in almost any recipe calling for latter.

To Remove Fruit, Ink or Rust Stains: If the material is washable and color fast, rub the spots well with lemon juice, then cover with salt and place in the sun. Repeat process if necessary.

To Bleach Linen or Muslin: Moisten with lemon juice and spread on the grass in the sun.

To Brighten Cotton, Linen or Rayon: When these fabrics have been grayed or yellowed by improper washing and rinsing, add the juice of 1 or 2 lemons to each 3 quarts of rinse water.

To Rinse Silks: In washing silk lingerie, rinse every third time in water to which lemon juice has been added (1 tablespoon lemon juice to each gallon of water). This gives life and brilliancy to the silk. Effect seems to hold through about three washings.

To Rinse Woolens: For each 2 pounds of blanket, use the juice of 1 lemon in the rinse water to maintain resiliency and to counteract shrinkage.
For Aluminum Ware: When aluminum ware becomes dark, fill with water, add a sliced lemon and boil.

For Copper and Brass: Cut lemons in halves, dip in salt and rub metal well with them.

For Woodwork: Use juice of 1 lemon in 1 quart water as a rinse when cleaning surfaces of painted or enameled woodwork. This will maintain the glossy surface.

To Remove Lipstick Stains: Use lemon juice full strength on white wash fabrics—diluted on colored.

Cosmetic Uses: Immediately after washing dishes, drop a little lemon juice in the palms and rub well over hands to keep them soft and white. This also removes odors, such as fish or onion. Other cosmetic uses, showing the versatility of lemons may be found in free booklet, “Lemons for Loveliness.” Address California Fruit Growers Exchange, Sunkist Building, Los Angeles, California.

The Sunkist testing and experimental kitchen is located in the Sunkist Building, Los Angeles. As can be seen from the illustration below, it is complete and compact in design and equipment.

The primary function of Sunkist food service is the origination and testing of orange, lemon and grapefruit recipes for practical every day use in the home. The recipes for lemons that appear in this book, many of them new and unusual, have been tested or developed here.

The Sunkist kitchen is your assurance that recipes released by the growers of this internationally-known brand of fresh citrus fruits will give pleasure and satisfaction.
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Look for the name “Sunkist” upon the lemon wrapper. This trademark guarantees dependable quality. California lemons are picked and marketed the year around and are, therefore, available at all times.

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CALIFORNIA FRUIT GROWERS EXCHANGE
LOS ANGELES, CALIFORNIA

How To Buy
Lemons

Lemons are packed and shipped to the markets of the country in several sizes. For example, the largest lemons marketed are 210’s and the smallest 540’s. Medium sizes have a range of 300 to 360.

The four illustrated on this page represent 300’s, 360’s, 432’s and 490’s respectively. These figures indicate the number of fruits to the box. The larger numbers refer to the smaller fruit. Whether they are large or small, quality and flavor are equally good for all.

The consumer is concerned with the juice content, regardless of sizes. Choose lemons which are heavy for their size. One should buy Sunkist lemons priced at the least amount per dozen, since the dealer buys the size most plentiful in season and can, therefore, adjust his retail price to the consumer’s advantage.

Insistence upon a specific size may counteract this benefit, should the crop happen to be short in the size demanded.

The skins of Sunkist lemons have a fine and rather smooth, waxy texture, which makes them desirable for flavor uses of the peel.

Lemons are handled with great care in California groves. Blossoms and mature fruit are found on the same tree, so that the fruit is picked and shipped throughout the year. The lemons are clipped, never pulled, from the trees. At the packing-house, after a thorough scrubbing and rinsing, they are graded, sized and packed, ready for shipment.

It is often an economy to buy lemons in quantity to insure an adequate supply for the many health and household uses of this staple article of diet. Store in a cool, dark place or in a covered container in the refrigerator.