Lemon Ideas with a fresh twist
WHY BUY A LEMON?

Think of the best cooks you know. You'll discover they are never without fresh lemons. They keep fresh lemons on their list of household staples — right along with salt and pepper.

Fresh lemons bring out the best in other foods. The zesty flavor of the peel and juice adds a tang and tartness to otherwise humdrum foods. Fresh lemons add eye appeal and pizazz to any meal — whether for company or everyday.

WHY FRESH LEMONS?

They are fresh, natural, colorful and fragrant and available from Sunkist the year 'round. You can use the whole thing — grate the peel, squeeze the juice or use decoratively. And that means versatility — more color, more flavor and greater returns for your money.

FRESH LEMON "HOW-TO"

. . . Select lemons with smooth, firm skins, free of blemishes and soft spots. The SUNKIST mark on the peel is your indication of highest quality.

. . . Lemons keep in the refrigerator for as long as 6 weeks; at room temperature for about a week to 10 days.

FRESH LEMON ECONOMY

. . . A lemon yields more juice when left at room temperature and rolled on counter before squeezing.

. . . Grate peel over waxed paper before cutting and squeezing.

. . . For an instant fresh lemon squeeze, roll lemon on counter. Poke hole in end with toothpick; squeeze out just what you need. Replace toothpick and refrigerate until you need another squeeze.

FRESH LEMON EQUIVALENTS:

5 to 6 medium lemons = 1 cup (8 oz.) or about 250 milliliters of juice

1 medium lemon = 3 teaspoons or about 15 milliliters of grated peel

4 to 5 medium lemons = 1 cup (8 oz.) or about 250 milliliters of purée

FOUR EASY WAYS TO HELP YOU USE FRESH SUNKIST® LEMONS

THE GRATER. Folds flat for convenient storage. Stainless steel grating area. $1.00.

THE JUICER. Two parts — squeezer and pouring cup — that come apart for easy storage. 75¢.

THE FAUCET. Turns a lemon into its own bottle. Just twist it into the lemon, squeeze, and out comes the juice! Snap cap to close. 50¢.

TWO SNACKER™ PEELERS oranges and lemons. 50¢ for two.

Send check or money order payable to:
Sunkist Growers, Inc., P.O. Box 7888, Van Nuys, California 91409

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When was the last time you had lemonade made from a real fresh lemon? Frozen or packaged lemonade can't compare to the real thing, so treat yourself to the best there is.

**LEONY LEMONADE SYRUP BASE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tr>
<td>1 tablespoon fresh grated</td>
<td>1/2 cup</td>
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<tr>
<td>lemon peel</td>
<td>1/2 cups</td>
</tr>
<tr>
<td>1 1/2 cups sugar</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>lemon juice</td>
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In covered jar, combine lemon peel, sugar and boiling water; cover and shake until sugar dissolves. Add lemon juice. Store tightly covered in refrigerator until ready to use. Makes 2 1/2 cups syrup base, enough for 8 to 10 servings.

**Lemonade by the glass:** Pour 1/4 to 1/3 cup syrup base into tall glass; add 3/4 cup cold water and ice cubes. Stir briskly.

**Lemonade by the pitcher:** Combine full recipe of syrup base with 6 cups cold water in large pitcher. Add ice cubes and stir. Makes about 2 quarts.

For really refreshing flavor variations, substitute any of the following for water in above recipes: gingerale, sparkling water, lemon-lime carbonated beverage, quinine water, sauterne or dry sherry.

**HOT SPICY LEMON CRANBERRY PUNCH**

(Eight 8-ounce servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>1 cup cranberry juice cocktail</td>
<td>4 cups boiling water</td>
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<tr>
<td>4 cups boiling water</td>
<td>1 Sunkist® lemon, sliced studded with whole cloves</td>
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<tr>
<td>3 cups water</td>
<td>3 cups water</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>1 cinnamon stick, crushed</td>
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<tr>
<td>16 whole cloves</td>
<td>1/2 cup fresh squeezed lemon juice</td>
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<tr>
<td>1 cinnamon stick, crushed</td>
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<tr>
<td>1/2 cup fresh squeezed</td>
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<tr>
<td>lemon juice</td>
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In saucepan, combine 3 cups water, sugar, whole cloves and crushed cinnamon stick; boil for 5 minutes. Strain; add fresh lemon juice, cranberry juice cocktail and boiling water. Serve hot; garnish with lemon slices.

**MARGARITA COCKTAILS**

(6 cocktails)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>3 medium to large Sunkist® lemons.</td>
<td>9 ounces tequila</td>
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<tr>
<td>Margarita or table salt</td>
<td>3 ounces triple sec</td>
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<tr>
<td>Cracked ice</td>
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Cut lemons in half; twirl rims of cocktail glasses on cut lemon surfaces, then dip in salt. Chill. Squeeze lemons to yield 1/2 cup juice; combine with tequila, triple sec and cracked ice in cocktail shaker. Shake well and pour into chilled glasses. Or combine in electric blender; cover and blend for 30 seconds. Strain into glasses.

**TIPS**

Serve beverages with a lemony twist...

... Use the Sunkist® Snackerman™ peeler to make lemon twists. Cut twists into short lengths; freeze in ice cube tray. Use in your cold beverages. See illustration on page 8.
Here's a delicious treat that'll make you famous and have others clamoring for your recipe!

**EASY MARINATED MUSHROOMS**  
(Appetizers for 12)

- 1 pound medium-size fresh mushrooms, washed, drained
- 3/4 cup salad oil
- 1 1/2 teaspoons fresh grated lemon peel
- 1/4 cup fresh squeezed lemon juice
- 1 teaspoon oregano, crushed
- 1 teaspoon garlic salt
- 1/8 teaspoon pepper

Cut mushrooms lengthwise into 3 or 4 slices, about 1/4 inch thick; place in plastic bag or glass dish. Combine remaining ingredients; pour over mushrooms. Seal bag or cover dish; marinate for several hours in refrigerator, turning bag or stirring occasionally. Drain before serving.

NOTE: Save marinade for use in a salad dressing or for marinating other foods.

Guacamole is a favorite in the West. Fresh lemon is a must as it prevents darkening and adds just the right flavor.

**GUACAMOLE DIP**

- 1 ripe avocado, mashed
- 1/2 teaspoon fresh grated lemon peel
- 2 tablespoons fresh squeezed lemon juice
- 1/2 teaspoon instant minced onions

Thoroughly combine mashed avocado, lemon peel, juice and onion; blend until smooth. Add remaining ingredients and mix well. Makes 2 cups.

**LEMON BARBECUE SAUCE FOR MEATBALLS**

- 1 cup catsup
- 4 teaspoons Worcestershire sauce
- 1 teaspoon fresh grated lemon peel
- 1 tablespoon prepared mustard
- 4 teaspoons fresh squeezed lemon juice
- 1/8 teaspoon onion powder

Combine all ingredients. Makes 1 1/2 cups sauce. To use, prepare your favorite meatball recipe; brown balls, drain and simmer in sauce for 20 minutes.
SLIM JIM BAKED CHICKEN
(4 servings)

4 chicken legs (thigh and drumstick)
1 teaspoon garlic salt
2 teaspoons paprika
½ teaspoon oregano, crushed
½ teaspoon fresh grated lemon peel
¼ cup fresh squeezed lemon juice
½ cup water

Season chicken pieces with garlic salt, rubbing well into flesh. Sprinkle with paprika. Place in shallow baking pan, skin-side-down. Combine remaining ingredients; pour over chicken. Bake, uncovered, at 400°F. about 40 minutes. Turn chicken and continue baking, basting with pan drippings once or twice, until done, about 35 minutes. Garnish with snipped parsley, if desired.

LEMONY FISH IN FOIL
(4 servings)

4 large fish fillets (about 1½ pounds)
Salt and pepper
¼ cup diced carrots
¼ cup diced celery
¼ cup chopped green onion
2 tablespoons snipped fresh parsley
2 Sunkist® lemons, thinly sliced

Place one serving of fish on a piece of aluminum foil about 4 inches longer than the fish. Season with salt and pepper. Sprinkle with carrots, celery, green onion and parsley. Top with lemon slices. Bring edges of foil together and fold over several times. Twist one end to form a tail. Tuck the other end under to form a point, or nose of the fish. Place foil-wrapped fillets on a cookie sheet and bake at 350°F. for 15 to 20 minutes or until fish fillets flake easily.

WEST COAST BROILED FLANK STEAK
(4 servings)

1 flank steak, about 1½ pounds*
1 onion, thinly sliced
1 teaspoon fresh grated lemon peel
½ cup fresh squeezed lemon juice
2 tablespoons sugar
½ teaspoon salt
½ teaspoon oregano, crushed
¼ teaspoon coarse black pepper
2 tablespoons soy sauce
1 tablespoon butter

Trim any fat or membrane from steak. With knife, score steak ⅛ inch deep on both sides in diamond design. Layer half of onions in plastic bag or glass dish. Place steak on top of onions; cover with remaining onions. Thoroughly combine remaining ingredients, except butter; pour over steak and onions. Marinate 2 to 3 hours or overnight in refrigerator, turning several times. Remove steak from marinade; wipe partially dry with paper towel. Drain onions and reserve. Place steak on cold broiler pan, 3 to 5 inches from source of heat in preheated broiler. Broil 3 to 5 minutes on each side. Meanwhile, sauté onions in butter until soft. To serve, cut steak across grain in very thin slices; top with onions.

*Round steak may be substituted for flank steak.
LEMON WINE MOLD
(6 servings)

1 tablespoon unflavored gelatine
¼ cup cold water
1 pint dairy sour cream
1 cup powdered sugar
½ cup fresh squeezed lemon juice
2 tablespoons fresh grated lemon peel
½ cup muscatel wine
4 or 5 Sunkist® oranges, peeled and cut into chunks
¼ cup slivered toasted almonds

Soften gelatine in cold water and set aside. Beat cream until it holds soft peaks; gradually add sugar; beat until thoroughly mixed. Fold in lemon juice and grated peel. Heat wine just to boiling; dissolve softened gelatine in it; add to cream mixture. Pour into 9-inch ring mold; chill until firm. Unmold on platter or tray; fill center with orange chunks topped with almonds.

The Caesar Salad was created at Caesar’s Bar & Grill in Tijuana, Mexico, just south of the border near the fragrant lemon groves of California. Caesar’s famous salad has been acclaimed by epicures the world over.

CAESAR SALAD
(8 servings)

1 clove garlic, crushed
¾ cup olive oil
4 quarts romaine lettuce, chilled, torn (about 3 medium heads)
1 teaspoon salt
Freshly ground pepper
1 tablespoon Worcestershire sauce
1 egg
3 to 4 tablespoons fresh squeezed lemon juice
2 tablespoons wine vinegar
6 to 8 anchovy fillets, chopped (optional)
1/2 cup grated Parmesan cheese
1 cup croutons

Add garlic to oil; let stand overnight. Discard garlic. Place romaine in large salad bowl. Sprinkle with salt, pepper and Worcestershire sauce. Coddle egg for 1 1/2 minutes; break into middle of salad. Pour lemon juice and wine vinegar over egg. Toss lightly to mix well. Add remaining ingredients, tossing after each addition. Adjust seasonings if necessary. Serve immediately.
THREE BEAN BONANZA
(10 servings)

1 can (1 pound) cut Italian green beans, drained 1 teaspoon fresh grated lemon peel
1 can (15-1/2 ounce) kidney beans, drained 1/2 cup fresh squeezed lemon juice
1 can (15-1/2 ounce) garbanzo beans (chick peas), drained 1/4 cup salad oil
1 onion, thinly sliced, separated into rings 1 teaspoon salt
1 medium green pepper, cut into thin strips 1/8 teaspoon pepper
1/4 cup sugar

In large bowl, combine beans, onion and green pepper. Shake or blend remaining ingredients together; pour over vegetables. Cover and refrigerate several hours, or overnight. Drain before serving. Makes 6 cups.

SLIMMER'S LEMON FRENCH DRESSING

1 teaspoon unflavored gelatine
1/2 cup fresh squeezed lemon juice
1 tablespoon cold water 1/4 teaspoon garlic salt
1/2 cup boiling water 1/8 teaspoon dry mustard
2 to 3 tablespoons sugar 1/6 teaspoon Worcestershire sauce
1 teaspoon salt 1 clove garlic, crushed or finely minced
1/4 cup sugar

Soften gelatine in cold water. Add boiling water and stir until gelatine dissolves. Stir in sugar and salt until dissolved. Combine mixture with remaining ingredients in a container with a tight-fitting lid; shake well. Serve cool, but not chilled over crisp salad greens. May be covered and refrigerated until needed. If refrigerated, before serving, place container of dressing in pan of hot water for 5 minutes to re-liquefy the gelatine. Makes 1 cup.

POPPY SEED DRESSING

1/2 cup sugar
1/2 cup fresh squeezed lemon juice
1 teaspoon salt
1/4 cup salad oil
1 teaspoon dry mustard Few drops red food coloring
1 teaspoon fresh grated lemon peel 1 tablespoon poppy seeds
1 teaspoon finely minced onion

Combine all ingredients except food coloring and poppy seeds in electric blender or covered container. Cover and blend or shake until thoroughly mixed. Tint a delicate pink color with red food coloring. Stir in poppy seeds. Chill before serving with fresh fruits in season. Makes 1 1/2 cups.

ZIPPY EGG DRESSING

2 eggs, hard-cooked 1 teaspoon fresh grated lemon peel
1 cup mayonnaise
1 tablespoon catsup 1 tablespoon fresh squeezed lemon juice
1 teaspoon prepared mustard


TIPS
Lemon twists for a salad "extraordinaire"... Make lemon-flavored croutons a snap with the Herbed Lemon Butter on page 8. Make the basic butter and add 1/2 teaspoon garlic salt. Pour over homemade croutons or unseasoned packaged croutons and toss well. Spread out on greased cookie sheet and bake at 350°F for 10 to 15 minutes or until lightly browned.

Substitute fresh lemon juice for vinegar in dressing mixes and vinegar-oil dressings. Wine experts say vinegar dressings affect ability to taste the flavor of good wine. Lemon juice is the perfect substitute.

Watching your calories? Use a lemon wedge or two over your salads instead of regular dressing. It adds the flavor you want without a lot of calories.
FAST AND FANCY LEMON VEGETABLE TOPPINGS

Hollandaise Sauce over vegetables is a classic. If you've tried making Hollandaise and had it turn out a curdling flop, try this foolproof recipe. It's so easy, you'll use it often.

**BLENDER HOLLANDAISE**

\[
\begin{align*}
\frac{1}{2} \text{ cup butter or margarine} & \quad 2 \text{ to } 3 \text{ tablespoons fresh} \\
(1 \text{ stick}) & \quad \text{squeezed lemon juice} \\
4 \text{ egg yolks} & \quad \frac{1}{4} \text{ teaspoon salt} \\
& \quad \text{Dash of pepper}
\end{align*}
\]

Heat butter or margarine until bubbly. Meanwhile, place egg yolks, fresh lemon juice, salt and pepper in electric blender. Turn blender on and off quickly. Then turn to high speed and slowly add bubbly butter in a very thin but steady stream. Serve immediately over broccoli, asparagus, or grilled tomatoes. Also good on fish or for Eggs Benedict. Makes about 1 cup.

**VERSATILITY IS THE KEY TO CULINARY ARTISTRY.** If your family avoids eating vegetables, serve them in a new way with a special lemon twist. Herbed Lemon Butter will make you a vegetable wizard and your family vegetable lovers.

**BASIC HERBED LEMON BUTTER**

\[
\begin{align*}
\frac{1}{4} \text{ cup butter} & \quad \frac{1}{2} \text{ teaspoon of one or more of the following: parsley, marjoram, oregano, minced onion, tarragon, paprika, crushed mint flakes OR} \\
1 \text{ teaspoon fresh grated lemon peel} & \quad 1 \text{ teaspoon dill weed or basil} \\
1 \text{ tablespoon fresh squeezed lemon juice} & \\
\end{align*}
\]

Melt butter; add lemon peel and juice, blending well. Add any one of the seasonings or a combination, if desired. Lemon Butter plain, without seasoning, is great, too. Keep warm while preparing vegetables. Makes \( \frac{1}{4} \) cup.

**LEMON BUTTER PATTIES**

Use Basic Herbed Lemon Butter ingredients, creaming butter, then adding lemon peel and juice. Stir in parsley and add any other desired seasoning. Shape into 1 x 5-inch roll. Place in refrigerator to harden. Slice roll into 8 butter pats and serve on vegetables.

**TIPS**

Vegetables love a lemon twist...

. . . Fresh lemon juice in cooking water keeps white vegetables white (potatoes, cauliflower, turnips and rice, too).

. . . Use fresh lemon juice like salt. You can't beat it as a seasoning.
FRESH LEMON GARNISHES ADD GLAMOUR

BASIC CARTWHEELS: Slice unpeeled lemon crosswise, about ¼ inch thick.

CARTWHEEL VARIATIONS: Notch edge with shears or paring knife . . . Slice in half and stud with cloves . . . Decorate with sliced stuffed olives, chopped parsley, sprigs of mint or parsley, celery leaves, maraschino cherries, small blossoms or fresh berries.

CARTWHEEL TWIST: Cut unpeeled cartwheel just to center and twist. For added accent, surround twist with parsley or fresh mint.

WEDGES: Cut lemon lengthwise into 6 to 8 wedges. To glamourize, dip center into paprika, chopped parsley, ground pepper, cinnamon, nutmeg or top with strips of pimento.

LEMON FLOWERS: Save lemon shells left over from squeezing juice (shells may be frozen until ready to use). Clean out excess membrane. Using a sharp knife or kitchen shears, cut seven petals to within ⅓-inch of center. Round off, trim to a point or leave edges “as is”; spread petals. With toothpick, place a cranberry or half a maraschino cherry in center of each flower. If made ahead, wrap flowers in wet paper toweling and refrigerate until ready to use as garnish or in decorative arrangement with greens.

... For a fine restaurant touch, serve lemons in a star shape or serve half a lemon wrapped in cheesecloth secured with string or ribbon. Cheesecloth lets the juice flow without bothersome seeds.
FRESH LEMON MERINGUE PIE

(9-inch pie)

1½ cups sugar
¼ cup plus 2 tablespoons cornstarch
¼ teaspoon salt
½ cup fresh squeezed lemon juice
3 egg yolks, well beaten
2 tablespoons butter or margarine
½ cup boiling water
1 teaspoon fresh grated lemon peel
Few drops yellow food coloring
*1 baked 9-inch pastry shell

Use your favorite pastry recipe or mix. Remember "store bought" frozen pie shells hold less pie filling.

In a 2 to 3-quart saucepan, mix sugar, cornstarch and salt together, using a wire whisk. Still using whisk, gradually blend in cold water, then lemon juice until smooth. Add beaten egg yolks, blending very thoroughly. Add butter or margarine. Add boiling water gradually, stirring constantly with rubber spatula. Gradually bring mixture to full boil, stirring gently and constantly with spatula over medium to high heat. Reduce heat slightly as mixture begins to thicken. Boil slowly for 1 minute. Remove from heat and stir in grated peel and food coloring. Pour hot filling into baked pastry shell. Let stand, allowing a thin film to form while preparing meringue.

MERINGUE

3 egg whites 6 tablespoons sugar
⅛ teaspoon cream of tartar

Have egg whites at room temperature. Use a small, deep bowl when beating 4 egg whites or less. Beat with electric mixer several seconds until frothy (some fairly large air cells still remain). Add cream of tartar. Beat on high speed until whites have just lost their foamy appearance and bend over slightly when beaters are withdrawn, forming "soft peaks". Reduce speed to medium while adding sugar gradually about a tablespoon at a time. Return to high speed and beat until whites are fairly stiff but still glossy and soft peaks are again formed when beaters are withdrawn. Place meringue on the hot filling in several mounds around edge of pie. Using narrow spatula, push meringue gently against inner edge of pie crust, sealing well. Cover the rest of the filling by spreading meringue from edge of pie to center, forming decorative swirls with spatula. Bake at 350°F. for 12-15 minutes until golden brown. Cool on wire rack at room temperature away from drafts for 2 hours before cutting and serving. Use sharp knife and dip into hot water after each cut for a perfect "clean cut" serving.

FRESH LEMON ICE CREAM

2 cups whipping cream or ½ cup fresh squeezed lemon juice
1 cup sugar
1 to 2 tablespoons fresh grated lemon peel

In large bowl, stir together cream and sugar until sugar is thoroughly dissolved. Mix in lemon peel and juice. Pour into eight-inch square pan, or directly into sherbet dishes or lemon boats. Freeze several hours until firm. Makes about 1½ pints. Garnish with lemon cartwheel twists.
GOOD 'N LEMONY CAKE TOP PUDDING
(6 to 8 servings)

3 tablespoons butter or margarine
1 cup sugar
4 eggs, separated
3 tablespoons flour
1/2 teaspoon salt
1/2 cup fresh squeezed lemon juice
1 cup milk
2 teaspoons fresh grated lemon peel
1/4 cup sliced almonds
Nutmeg

Cream butter and sugar in small mixer bowl until fluffy. Beat egg yolks well; add to creamed mixture, beating thoroughly. Add flour, salt and lemon juice, mixing well; blend in milk. Stir in grated peel. Beat egg whites until stiff, but not dry; fold batter into whites. Sprinkle almonds over bottom of well-buttered 1 1/2-quart casserole; carefully pour in batter. Set casserole in shallow pan containing 1 inch hot water; bake at 325° F. for 50 to 55 minutes. If additional browning is desired, turn oven to 350° F. during last 5 minutes of baking. Dust lightly with nutmeg and serve warm or cool.

LEMON CREAM CHIFFON PIE
(9-inch pie)

1 cup whipping cream
1 1/4 cups sugar
2 tablespoons cornstarch
1 envelope unflavored gelatine
1/2 teaspoon salt
1 cup water
3 eggs, separated
1/2 cup fresh squeezed lemon juice
2 tablespoons butter
1 teaspoon fresh grated lemon peel
1 baked 9-inch pastry shell

Allow 1/2 cup of cream to stand at room temperature for 10 minutes. In saucepan, combine 1 cup sugar, cornstarch, gelatine and salt; blend in water until smooth. Beat yolks until light; blend into cornstarch mixture along with lemon juice and butter. Bring to a boil over medium heat, stirring constantly; boil 2 to 3 minutes. Remove from heat; stir vigorously while gradually adding 1/2 cup cream and lemon peel. Transfer to metal bowl. Chill mixture in ice water until it mounds slightly when dropped from a spoon. It should be cool but not cold. Meanwhile, beat egg whites to soft peak stage. Gradually add remaining 1/4 cup sugar, beating until whites are stiff, but still glossy and moist. Whip remaining 3/4 cup cream until stiff. Gently fold egg whites and cream into chilled mixture. Spoon into baked pastry shell. Chill until firm.

TIPS Endings with a lemon twist...

...Add fresh grated lemon peel to cookie recipes, frostings, pudding mixes — you name it. The flavor is extra zippy with lemon.

...Substitute one teaspoon fresh lemon juice for cream of tartar in 3-egg meringue.