favorite Lemon recipes for fish and meat
The recipes in this folder are among our favorites here in the Sunkist kitchen. They are the result of a great deal of experimenting, testing and selecting. We hope you will try them and be pleased.

We hope, too, they will spark your imagination to adventure further with fresh lemons as a seasoning. You will discover that fresh lemons deserve to be more than just a recipe ingredient. Because they do so much for the flavor of so many foods, they belong on the table as well in the kitchen.

Not just with fish either. Fish and lemons belong together, of course, but the sharp flavor of lemons works wonders for meat flavors, too. To prove the point, just try squeezing a little lemon juice on a broiled hamburger patty next time. Wonderful!

So let these recipes be just the beginning. Experiment with fresh lemon juice in your cooking and put lemon quarters on the table for the family to squeeze. You’ll discover why so many good cooks have taken up the lemon habit.

May we remind you to look for Sunkist Lemons when you are shopping. You can depend on them to be the finest and juiciest from California and Arizona.

only FRESH lemons
give you the TRUE
lemon flavor
WITH FISH...

Rub fish with fresh lemon just before cooking. Gives added flavor and removes any "fishy" odor.

Squeeze a little fresh lemon juice over seafood salads just before serving. Adds flavor and freshness.

Seafood canapes and sandwich fillings have added zest when made with fresh lemon juice.

Add a sparkle to poached fish by using a tablespoon of lemon juice to each quart of water when cooking.

For any fish not rich in fat, try lemon butter. It's also a wonderful basting sauce for barbecued fish.

To keep fish white, add 1 tablespoon fresh lemon juice and ½ teaspoon salt to 1 quart of water used for boiling fish.

For creamed fish dishes, particularly those that call for canned fish, sprinkle on fresh lemon juice for extra flavor.

After preparing fish, remove any odors from your hands by rubbing them with salt and lemon juice just before washing.

FOR YOUR INFORMATION—

An average lemon yields about 2 tablespoons of juice.

LEMON TARTAR SAUCE

1 cup mayonnaise
½ tsp. onion juice or green pepper
1 tbsp. chopped chives
2 tbsp. chopped green relish

Fresh Sunkist lemon juice

Combine other ingredients, then thin to the desired consistency with lemon juice. For variation: Add chopped celery, chili sauce or Worcestershire sauce.
tricks

WITH MEAT...

Spark up the flavor of sandwich spreads with a squeeze of fresh lemon juice.

Fresh lemon is especially good with lamb or veal. Just before serving pour melted butter over the roast or chops. Follow this with an equal amount of Sunkist lemon juice.

Fresh lemon juice works wonders in tenderizing tougher cuts of meat. Cuts cooking time, too. Just baste or marinate with lemon juice.

Lemon butter adds a wonderful flavor to all broiled meats.

Pep up the taste of your favorite stew with a few teaspoons of fresh lemon juice.

Meat salads and sandwich fillings have delicious flavor with lemon mayonnaise.

Squeeze lemon juice on pork chops after browning to bring out the full flavor.

Croquettes and meat loaves step out of the ordinary with fresh lemon juice.

For a more delicious, more tender pot roast drop in several slices while cooking.

Any barbecue sauce takes on extra flavor with fresh lemon juice.

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LEMON BUTTER

2 tbsp. fresh Sunkist lemon juice
3 tbsp. butter
1/4 tsp. salt
1/4 tsp. paprika
1 tbsp. parsley, finely chopped

Blend well. Serve on hot steak, chops or fish. An additional garnish of Sunkist lemon quarters provides more tartness, if desired.
**SWEET-SOUR BARBECUED FISH**

Sweet-sour barbecue sauce may be mixed ahead of time and stored in the refrigerator in a tightly covered jar until needed. Just remember to stir well before pouring over fish.

- ½ cup fresh Sunkist lemon juice
- ½ tsp. salt
- ¼ cup salad oil
- ½ tsp. black pepper
- 2 tbsp. grated onion
- 1 tsp. dry mustard
- 2 tbsp. brown sugar

Mix ingredients well, stirring until sugar is dissolved. Place 1 pound fish fillets or fish steaks in shallow pan and pour sauce over. Heat broiler about 3 minutes, then, with pan about 2 inches from heat, broil fish on both sides until brown and tender, basting frequently with sauce. Serve immediately.

**POUR OVER FISH LOAF**

- ¾ cup bread crumbs
- 1 egg, slightly beaten
- ¾ cup milk

*Fish Loaf:*
- 2 cups flaked salmon or tuna
- 3 tbsp. fresh Sunkist lemon juice
- ½ tsp. salt
- ⅛ tsp. pepper
- 2 tbsp. finely chopped onion
- 2 tbsp. melted butter

Combine ingredients in order given. Pack firmly into buttered loaf pan or individual baking dishes. Bake in moderate oven 350°F. about 40 minutes. Remove from oven and pour over the following:

*Lemon Butter Sauce:*
- ¼ cup butter or margarine, melted
- 2 tbsp. minced parsley
- ¼ cup fresh Sunkist lemon juice
- ⅛ tsp. salt

Mix together and pour over the Fish Loaf.
TOPSY-TURVY

TUNA PIE

1 unpeeled sliced Sunkist Lemon
1 can tuna (6 oz.)
2 tbsp. minced onion
¼ cup bread crumbs
½ tsp. dry mustard
1 tbsp. finely chopped green pepper
2 tbsp. fresh Sunkist lemon juice
½ cup catsup
1 egg, well-beaten
cheddar cheese, sliced
biscuit dough made of 1 cup biscuit mix
(or use your favorite biscuit recipe
with 1 cup of flour)

Place lemon slices in the bottom of a greased 8-inch baking dish. Next, blend all ingredients except cheese and biscuit dough. Press this tuna mixture over lemon slices, cover with a layer of cheddar cheese. Spread biscuit dough over cheese layer and bake in hot oven (400°F.) for about 15 minutes or until light brown. Turn upside down, cut into wedges. Serve hot, plain or with cream sauce.

BAKED STUFFED WHOLE FISH WITH LEMON RICE DRESSING

Clean fish. Remove head and trim tail if desired. Sprinkle inside of fish with salt and pepper and stuff with Lemon Rice Dressing. Bake at 500°F. for 10 minutes. Reduce heat to 400° and continue baking for 60 minutes or until the fish will flake with a fork. (Allow about 10 minutes to the pound.)

V4 cup butter or margarine
1 ½ cups minced onion
2 cups diced celery
Lemon 2
Rice 2
2
3
3
4
7
cups cooked rice
1/4 cup Sunkist lemon juice

V2 tsp. salt
V2 tsp. pepper
V2 tsp. dried sage
V2 tsp. dried thyme
V4 cup fresh Sunkist lemon juice

Melt margarine in skillet. Add onion and celery and sauté until tender. Add cooked rice and rest of ingredients. Mix well and place inside fish.

SAUCY LEMON-

BROILED FILLETS

½ cup fresh Sunkist lemon juice
½ cup salad oil
1 tsp. salt
1 tsp. paprika
2 tbsp. sugar
½ tsp. celery seed
2 lbs. fillet of sole, fresh or frozen
Lemon wedges

Combine lemon juice, salad oil and seasonings. Pour over fillet of sole and let stand for about an hour. Place fish in broiler pan 4 to 6 inches from heat and broil 6 to 10 minutes on sides, brushing with sauce several times. Arrange on serving platter; pour over remaining sauce and garnish with lemon wedges.
FISH FEAST

A delicious casserole. Tender fish fillets
... fresh garden greens. A tempting sauce full of the tang and aroma of fresh Sunkist Lemons!

1 lb. fillet of sole, 1 can mushrooms (2 oz.)
fresh or frozen 2 tbsp. butter
1/4 cup water 1 tbsp. grated onion
1/4 cup fresh Sunkist lemon juice 3 tbsp. flour
1 small bay leaf 2 egg yolks
1/2 tsp. salt 1 lb. spinach
1/8 tsp. pepper (or 1 pkg. frozen)

Marinate fish in lemon juice, water, seasonings, for 1 hour. Drain juice into bowl. Add mushroom liquid and enough water to make 1 1/2 cups.

FRANKS WITH

LEMON MUSTARD SAUCE

12 frankfurters
1/3 cup fresh Sunkist lemon juice
1/2 cup oil
1/2 tsp. salt
1/2 tsp. dry mustard
1/4 tsp. pepper
1 tsp. sugar
2 tbsp. flour
3/4 cup water
1 cup mustard pickles, coarsely chopped

Split frankfurters without cutting through, or prick them with a fork, and place in a shallow dish. Make a marinade of fresh lemon juice, oil, salt, mustard, pepper and sugar by combining the ingredients in a jar and shaking well.

Pour marinade over frankfurters and let them stand for at least an hour.

To make sauce:

Drain marinade from frankfurters into a saucepan. Blend in flour and bring to a boil, stirring all the time. Add water slowly and continue to stir. Simmer sauce for 10 - 15 minutes. Add chopped pickles and cook for another 3 minutes.

For tempting hors d'oeuvres – all you have to do is cut franks in small pieces and serve with toothpicks from chafing dish bubbling with sauce.

LEMON FRIED CHICKEN

1 frying chicken, cut in pieces
Salt and pepper
1/3 cup oil, for frying
1/3 cup chopped onion
1/4 cup chopped parsley
1/2 tsp. marjoram
1/3 cup fresh Sunkist lemon juice

Salt and pepper chicken and brown on both sides in hot oil. Sprinkle the chicken with chopped onion, parsley and marjoram. Pour over the lemon juice. Cover skillet and simmer for 15 minutes or until chicken is tender. Serve hot; also delicious served cold for lunches and picnics.
INDIVIDUAL LEMON MEAT LOAVES

1/4 cup fresh Sunkist lemon juice
1/2 cup cold water
1 egg, slightly beaten
1 lb. lean beef, ground
1/2 lb. lean fresh pork, ground
4 slices stale bread, crumbled
1/4 cup onion, minced fine
2 tsp. salt
1/8 tsp. pepper
1/8 tsp. thyme
1/8 tsp. Rosemary

Topping:
1/3 cup brown sugar
1/4 tsp. cloves
1/2 cup catsup
1/4 tsp. allspice
1 tsp. dry mustard
8 thin slices of Sunkist lemon, unpeeled

Combine ingredients for meat loaves except for the topping. Mix well and shape into individual loaves. Place in greased individual baking dishes and cover with the topping. Make topping by mixing brown sugar, catsup, mustard, cloves and allspice. Place a thin slice of lemon on each loaf. Bake in 325° F. oven for 1 hour. Eight servings.
BARBECUED SPARERIBS

3 to 4 pounds spareribs
½ cup fresh Sunkist lemon juice
½ cup catsup or chili sauce
1 tsp. horse-radish sauce
1 tsp. salt
dash Tabasco sauce
1 tbsp. Worcestershire sauce
½ cup fresh Sunkist orange juice
2 tsp. dry mustard
½ tsp. paprika
⅛ cup honey or brown sugar
1 clove garlic, finely chopped
2 Sunkist lemons, unpeeled and sliced

Cut ribs in pieces; place in a roasting pan and brown at 450°F. for 50 minutes. Drain off fat. Combine remaining ingredients except the sliced lemons, mix well and brush this sauce over the spareribs. Place a slice of lemon on each piece of meat. Reduce the heat to 350° for one hour, basting frequently with sauce.

CALIFORNIA BURGERS

(With Tangy Lemon Sauce)

1 pound ground chuck
1 tsp. salt
¼ tsp. pepper
½ cup chopped walnuts
¼ tsp. monosodium glutamate
1 tbsp. finely chopped onion
1 large onion, cut into rings
1 Sunkist lemon, sliced thin

Mix together all ingredients except onion rings and lemon slices. Shape into 6 burgers. Heat 2 tbsp. fat or salad oil in skillet and brown burgers on both sides. Remove to warm plate. Carefully place onion rings in skillet and cook until soft and golden brown. Lift onion rings to platter. Prepare sauce.

For sauce:

1 can consomme, undiluted
¼ cup cold water mixed with
2 tbsp. cornstarch
½ cup fresh Sunkist lemon juice
¼ cup brown sugar
½ tsp. salt
½ tsp. black pepper
1 bay leaf, crushed

Mix ingredients together in skillet. Simmer over low heat until slightly thickened. Return burgers to skillet and top each with onion ring and lemon slice. Cover and cook until meat is tender (about 30 minutes). Serve on large warm platter surrounded with mounds of fluffy rice.
DEEP-SEA SALAD DRESSING

Ideal for the meal-in-one salad, a substantial dressing that appeals to menfolks. Makes 1 1/4 cups.

1/2 cup mayonnaise
4 tbsp. catsup
2 tbsp. fresh Sunkist lemon juice
2 hard-cooked eggs, chopped

Combine. Mix with fresh or canned salmon or tuna, or serve on side. Garnish salad with lemon wedges.

LEMON COCKTAIL SAUCE

A tart sauce for shrimp or crabmeat cocktails, wholly different from the usual red sauce!

6 tbsp. mayonnaise
1 tsp. horse-radish
1/2 tsp. grated onion
1 tsp. prepared mustard
2 tbsp. fresh Sunkist lemon juice

Add ingredients to mayonnaise. Mix well. Makes 1/2 cup.

BUTTER 'N' NUTMEG SAUCE

A new, unusual flavor. Excellent with fresh or frozen trout and all fish fillets. Put 3 tbsp. butter or margarine into hot frying pan; add fish. When brown, turn and add a mixture of 1/3 cup soft butter or margarine, 3 tbsp. fresh Sunkist lemon juice and 1 tsp. nutmeg. Brown; serve on deep platter with sauce poured over. Add lemon wedges.
Baked salmon steaks are special yet easy to prepare with Lemon Butter. Just place the salmon (or other fish steaks) in a baking dish and pour the sauce over. Bake in a 350° F. oven for 25 to 30 minutes and that's all here is o it. The fresh lemon juice provides a flavor accent that makes this dish a delicious entree for any time of the year.

**CALIENTE SHELLFISH SAUCE**

- 1/2 cup butter, melted
- 1/4 cup fresh Sunkist lemon juice
- 1/4 cup catsup
- 1 tsp. Worcestershire sauce
- Sugar to taste

Mix and heat thoroughly. Serve sauce separately in individual bowls or pour over shellfish.

**POACHED FISH FILLETS**

Simmer fish fillets in water to cover until tender. Season the water with 2 tbsp. fresh lemon juice, a little salt, a piece of bay leaf, several peppercorns, a few tbsp. each of chopped onion, carrot and celery, and a sprig of parsley. Fish slices will be tender in about 10 minutes. For a larger piece, allow 10 to 12 minutes per pound. Lift out and serve at once with any of the fish sauces, mayonnaise or tartar sauce.

**EASY OVEN-DINNER ENTREE**

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**SWEET-SOUR SAUCE FOR FISH FILLETS**

- 1 medium-sized green pepper, cut in strips
- 1 medium-sized onion, chopped
- 2 tbsp. salad oil
- 1/2 cup brown sugar

Saute green pepper and onion in salad oil 5 minutes and set aside. Combine brown sugar, cornstarch and dry mustard. Slowly stir in soy sauce and lemon juice. Cook, stirring constantly, until mixture thickens and boils 1 minute. Add green pepper and onion and cook for 2-3 minutes, stirring frequently. Arrange fillets on broiler pan, brush with oil and place under broiler, about 6 inches from heat. Broil fillets approximately 8 minutes on each side, brushing with oil occasionally. Pour the sweet-sour sauce on one side of fish and continue to broil for about 4 minutes. Turn fish over and repeat on other side. Remove from heat, salt and pepper to taste, and serve immediately.

**fresh Sunkist lemons**

CALIFORNIA-ARIZONA