

MEDITERRANEAN
Est. **FOODS** 1990

LEMON

USING LEMON JUICE



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USING LEMON JUICE

The sweet, tangy flavour of a lemon works in both sweet and savoury dishes and even just a squeeze can bring all of the flavours in a dish to life. And remember when cooking with lemon juice, if possible, add it at the end of the cooking time or after the dish has been made.

SERVING SUGGESTIONS

- Make yourself a healthy lemon drink to kick start your day...
- Create delicious loaves, muffins, biscuits, slices and cakes.
- Sweet pastry and a creamy, citrusy filling come together to make lemon tart
- Lemon and chicken are great mates!
- Drizzle lemon mayonnaise over fish, potatoes or eggs for a little creaminess.
- Use in simple marinades to make barbecued food delicious.
- Freshly-caught fish or other seafood all benefit from a spritz of lemon juice.
- Squeeze lemon juice over cooked vegetables to keep their colours bright.
- Cut down on the amount of salt used on your food by adding lemon juice instead to enhance the flavour of the food.
- For fluffier rice, add lemon juice to the cooking water.
- Lemon juice can be used as a marinade to tenderise meat.
- Use lemon juice in place of vinegar in salad dressings.
- Add to sparkling material water for a refreshing drink.

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