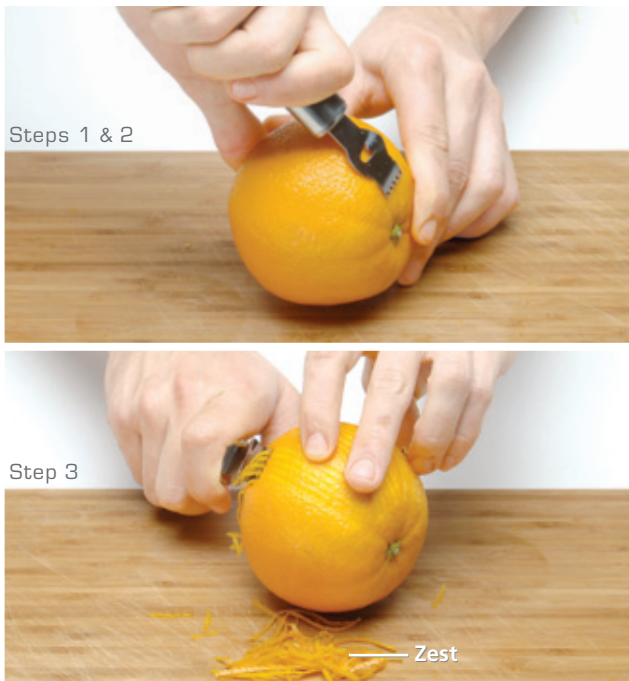


## ZEST & JUICE CITRUS FRUITS

Citrus fruits contain two sources of flavor: juice and zest. While citrus juices can be purchased, nothing tastes better than fresh-squeezed juice. Citrus zest, which contains flavorful oils and looks great as a garnish, is removed from the peel of the fruit with a zester. A citrus zester is a hand-held tool with five or six small, sharp stainless steel holes used to remove threadlike strips of peel from the rind of a citrus fruit. Generally, a medium orange yields 4 teaspoons of zest, a medium lemon delivers 2 to 3 teaspoons of zest and a medium lime yields 1 teaspoon of zest.

### Zesting Citrus Fruits



- You can use a citrus zester to create citrus zest, which is fine threads of fruit peel.
- 1 To make citrus zest, position the fruit on its side on a cutting board.
  - 2 Stabilizing the fruit with one hand, position the edge of the citrus zester at the top of the fruit with your other hand.
  - 3 Using firm and even pressure, move the citrus zester downward to the bottom of the fruit.
  - 4 Repeat steps 2 to 3 until you have produced the desired amount of zest.

### Juicing Citrus Fruits

*How much juice do lemons and limes produce?*

#### 1 Medium Lemon

- 1 lemon = 2 oz
- 3/4 lemon = 1 1/2 oz
- 1/2 lemon = 1 oz
- 1/4 lemon = 1/2 oz



#### 1 Medium Lime

- 1 lime = 1 oz
- 3/4 lime = 3/4 oz
- 1/2 lime = 1/2 oz
- 1/4 lime = 1/4 oz



- Many recipes call for fresh lemon and lime juice. Here are some tips to make juicing quick and easy.
- Fruits stored at room temperature are easier to squeeze and produce more juice than fruit that is refrigerated.
- Before juicing a fruit, firmly roll the fruit on a hard surface with the palm of your hand a few times.
- You can store fresh juice in the refrigerator for one week. If you have a large amount of juice, pour the juice into an ice cube tray and freeze for later use.