

Lemon

Lemons can add flavour to everything from pasta, rice and vegetables to dressings, sauces and desserts. Use the zest as well as the juice, and freeze any extra juice or zest to make your lemons last.

Store:

- Keep whole lemons at room temperature for around a week, or in the fridge to make them last longer.
- Once cut, keep covered in the fridge and use within a few days.
- Keep lemons dry until you're ready to use them.

Freeze:

- Freeze whole lemons and grate the zest directly from frozen.
- Freeze lemon juice in ice-cube trays so you can use small amounts when needed.
- Freeze grated zest in a bag or container and take out only what you need.

Zest it. Juice it. Use it.

- A slightly dry lemon can still be useful for its zest or juice if it isn't mouldy.
- Use squeezed lemon halves to add flavour to stocks, soups or sauces before discarding them.
- Add lemon zest to breadcrumbs with herbs for a simple way to use up leftover bread.
- Use lemons while they are still firm. If they develop mould, become mushy or have an unpleasant smell, they should be discarded.



Video Links

Lemon 4 ways: Posset, Butter Emulsion, Gremolata and Salad Dressing