WASTE LESS, TASTE MORE 021

Give Extra Lemons More Than One Job



USE THE ZEST BEFORE YOU SQUEEZE.

A dinner party may call for lemon juice in a dressing, sauce, or dessert. Before cutting the fruit, consider where its zest could add another layer of flavor.

1 Zest the washed lemon first

Remove the yellow outer layer with a fine grater, avoiding the bitter white pith underneath.

Why: A whole lemon is easier to zest than a squeezed half.

2 Match the zest to the menu

Add it to breadcrumbs for fish, stir it into yogurt for a sauce, or use it in a dessert recipe.

Why: You can use another part of an ingredient you already bought.

3 Give the remaining juice a purpose

Use extra juice in a dressing, marinade, or sauce that suits an upcoming meal. Freeze suitable small portions if you do not have a near-term use.

Why: A specific plan is more useful than leaving a cut lemon forgotten in the refrigerator.

KITCHEN NOTES

Make a finishing mixture

Combine lemon zest with chopped parsley and toasted breadcrumbs for roasted vegetables.

Brighten a creamy component

Stir a little zest into ricotta or yogurt, then taste before adding juice.

Avoid decorating automatically

Add a lemon wedge when squeezing it over the dish improves the food.

THE PLATING MINDSET

Let citrus contribute flavor throughout the dish, from the sauce beneath it to the finish on top.