

# LEMON JUICE

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## 1. IN MY KITCHEN – Tips & Tricks (March 2015)

How to squeeze a citrus fruit properly (Lemon, Lime, Orange etc...)

Lemon juice, Lime juice, Orange juice etc... is used in many recipes (dishes). All of us want to use freshly squeezed citrus juice. Here are a few simple steps (tricks and tips from my kitchen) how you can get the most and best out of your freshly squeezed citrus juice.

Example: Freshly squeezed Lemon / Lime Juice



*Fresh lemon and lime*

1. Wash the lemon under running lukewarm water (wash off the thin layer of wax from the skin which extends the shelf life) and remove any stickers.
2. Place lemon in Microwave and let it run for 10-15 seconds



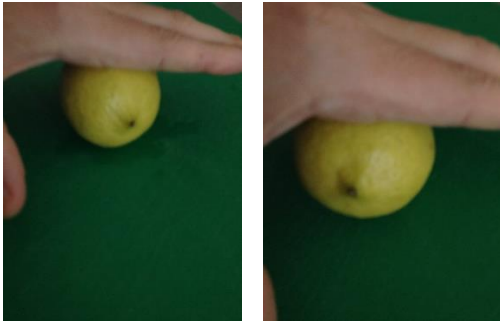
OR

Submerge in hot water (not boiling) for 15-20 minutes



3. Take out and roll back and forward by slightly squeezing with your hands on the bench (cutting board) for approximately 20-30 seconds (this will break down the cell structures)





4. Cut in half and squeeze (using a handheld citrus fruit juicer). Make sure no seeds will end up in your lemon juice.



With this method you will have the best result of quality and quantity for fresh (lemon) juice.

