

How to Make Zest



When a recipe calls for orange or lemon zest, it means the thin, brightly colored outermost layer of the citrus fruit's peel. The zest contains most of its aromatic essential oils and is a lively flavor source.

When grating citrus peel, use just the outer, colored portion. The white part, called the pith, is bitter and should be discarded. Citrus fruits can be zested using Cone #1 on the Saladmaster® machine.

Using grated zest gives a true orange, lemon or lime flavor without the acid of the juice. Grated zest is particularly desirable in vegetable, meat or fish dishes, and in baked goods.

Watch this video to learn how make zest with Saladmaster.

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