Chef
express





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tart & tangy

lemon & orange recipes



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introduction

Welcome to "Tart & Tangy Lemon & Orange Recipes," where the vibrant, citrusy flavors of lemons and oranges elevate everyday dishes to extraordinary culinary delights. This collection celebrates the zest and zing of these versatile fruits, bringing a refreshing twist to both savory and sweet creations. Whether you're a seasoned chef or a home cook looking to add some brightness to your meals, these recipes will infuse your kitchen with the invigorating essence of citrus.



Conversion Chart

WEIGHT

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g

MEASUREMENTS

CUP	OUNCES	MILLILITERS	TBSP
1/16	1/2 oz	15 ml	1
1/8	1 oz	30 ml	3
1/4	2 oz	59 ml	4
1/3	2.5 oz	79 ml	5.5
3/8	3 oz	90 ml	6
1/2	4 oz	118 ml	8
2/3	5 oz	158 ml	11
3/4	6 oz	177 ml	12
1	8 oz	240 ml	16
2	16 oz	480 ml	32
4	32 oz	960 ml	64
5	40 oz	1180 ml	80
6	48 oz	1420 ml	96
8	64 oz	1895 ml	128



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- Dive into a world of flavor with our "Orange and Avocado Guacamole," a refreshing and colorful appetizer that combines the sweetness of oranges with the creamy texture of avocado and a hint of spice, perfect for topping grilled fish or simply scooping with chips. For a hearty and aromatic side dish, "Lemon Thyme Roasted Potatoes" offers a delightful combination of earthy potatoes, fragrant thyme, and zesty lemon, making them an ideal accompaniment to any main course.

- Indulge your sweet tooth with "Orange Flan," a silky and luscious dessert where the caramel and orange flavors meld into a perfect symphony of sweetness and citrus. The "Lemon Lavender Scones" provide a sophisticated treat, pairing the bright tang of lemon with the delicate floral notes of lavender, perfect for a delightful afternoon tea.

- For a salad that's as beautiful as it is delicious, the "Orange and Beet Salad" features vibrant colors and complementary flavors of sweet oranges and earthy beets, topped with a light citrus vinaigrette. This salad not only pleases the palate but also offers a visually stunning addition to any meal.

- Each recipe in "Tart & Tangy" is designed to highlight the refreshing qualities of lemons and oranges, transforming simple ingredients into dishes that are bursting with flavor. From appetizers to desserts, this collection invites you to explore the delightful possibilities of citrus, adding a burst of sunshine to your culinary repertoire. Enjoy the journey through these zesty, vibrant, and irresistible recipes!

Difficulty scale

■□□ | Easy to do

■■□ | Requires attention

■■■ | Requires experience

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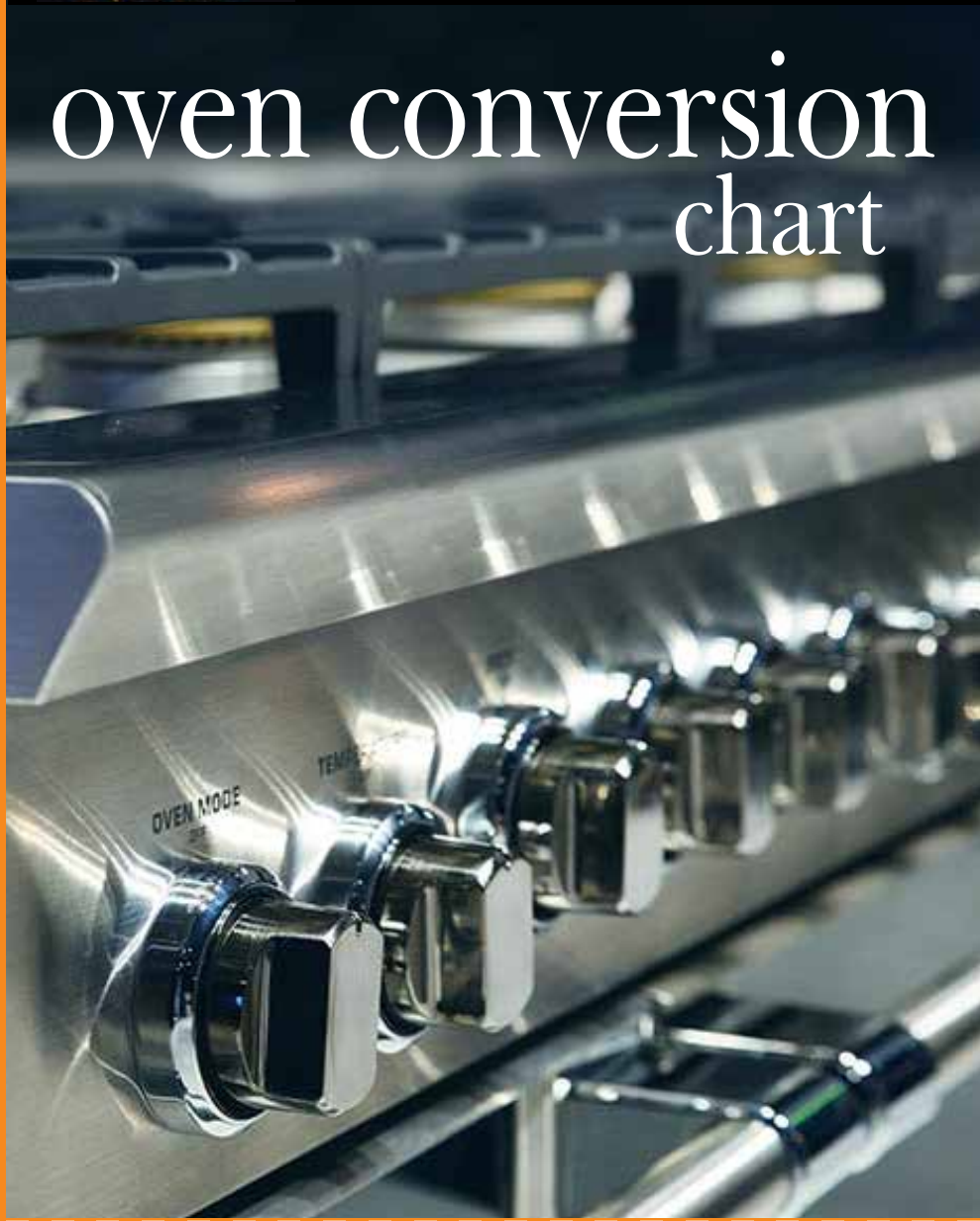
oven conversion chart

Gas Mark	Fahrenheit	Celsius	Verbal
¼	225°	107°	Very Slow/Very Low
½	250°	121°	Very Slow/Very Low
1	275°	135°	Slow/Low
2	300°	149°	Slow/Low
3	325°	163°a	Moderately Slow/Warm
4	350°	177°	Moderate/Medium
5	375°	191°	Moderate/Moderately Hot
6	400°	204°	Moderately Hot
7	425°	218°	Hot
8	450°	232°	Hot/Very Hot
9	475°	246°	Very Hot

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oven conversion chart



lemon garlic roasted chicken

■□□ | Preparation time: 10 minutes - Cooking time: 1 hour 20 minutes

ingredients

- Whole chicken: 1 (about 4-5 lbs)
- Lemon: 1, cut into wedges
- Garlic: 6 cloves, minced
- Olive oil: 2 tablespoons
- Fresh thyme: 1 tablespoon (or 1 teaspoon dried thyme)
- Salt: 1 teaspoon
- Black pepper: ½ teaspoon
- Extra fresh thyme for garnish
- Extra lemons for garnish

method

1. Preheat the oven to 425°F (220°C). Pat the chicken dry with paper towels. Season the cavity with salt and pepper, and stuff it with lemon wedges and a couple of thyme sprigs.
2. In a small bowl, combine the minced garlic, olive oil, chopped thyme, salt, and pepper. Rub this mixture all over the chicken, including under the skin if possible.
3. Truss the chicken legs with kitchen twine to ensure even cooking. Place the chicken breast-side up in a roasting pan.
4. Roast in the preheated oven for 1 hour and 20 minutes, or until the internal temperature reaches 165°F (74°C) and the juices run clear when the thigh is pierced. Baste the chicken with its own juices halfway through cooking.
5. Remove the chicken from the oven and let it rest for 10-15 minutes before carving. Serve with the roasted lemon wedges and pan juices.

Serves 4



tip from the chef

Serve with lemon orzo and sauteed fresh spinach!





orange glazed salmon

■■□ | Preparation time: 10 minutes - Cooking time: 15 minutes

method

1. In a small saucepan, combine the orange juice, honey, soy sauce, and minced garlic. Bring to a boil over medium heat, then reduce the heat and simmer for 5-7 minutes, or until the sauce thickens slightly. Remove from heat.
2. Pat the salmon fillets dry with paper towels. Season with salt and black pepper on both sides.
3. Heat olive oil in a large skillet over medium-high heat. Add the salmon fillets, skin-side down, and cook for 3-4 minutes until the skin is crispy.
4. Flip the salmon fillets and pour the prepared orange glaze over them. Continue cooking for another 3-4 minutes, basting the salmon with the glaze occasionally, until the fish is cooked through and flaky.
5. Remove the salmon from the skillet and spoon any remaining glaze over the top and garnish with basil and oranges.

Serves 4

ingredients

- **Salmon fillets: 4 (about 6 oz each)**
- **Orange juice: ½ cup (freshly squeezed)**
- **Honey: 2 tablespoons**
- **Soy sauce: 2 tablespoons**
- **Garlic: 2 cloves, minced**
- **Olive oil: 1 tablespoon**
- **Salt: ½ teaspoon**
- **Black pepper: ¼ teaspoon**
- **Basil and oranges for garnish**

tip from the chef

Serve with your choice of side dishes.



lemon poppy seed muffins

■■□ | Preparation time: 15 minutes - Cooking time: 18-20 minutes

ingredients

- **All-purpose flour: 2 cups**
- **Sugar: ¾ cup**
- **Baking powder: 2 teaspoons**
- **Salt: ¼ teaspoon**
- **Poppy seeds: 2 tablespoons**
- **Lemon zest: 1 tablespoon (from 1 large lemon)**
- **Lemon juice: ¼ cup (freshly squeezed)**
- **Milk: ½ cup**
- **Vegetable oil: ½ cup**
- **Eggs: 2 large**
- **Vanilla extract: 1 teaspoon**

method

1. Preheat your oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners or lightly grease the cups.
2. In a large bowl, whisk together the flour, sugar, baking powder, salt, poppy seeds, and lemon zest until well combined.
3. In another bowl, whisk together the lemon juice, milk, vegetable oil, eggs, and vanilla extract until smooth.
4. Pour the wet ingredients into the dry ingredients and gently mix until just combined. Be careful not to overmix. Divide the batter evenly among the muffin cups.
5. Bake in the preheated oven for 18-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Remove from the oven and let the muffins cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.

Serves 12 muffins



tip from the chef

Serve with cream cheese!





orange and fennel salad

■□□ | Preparation time: 15 minutes - Cooking time: 0 minutes

method

1. Peel and thinly slice the oranges, removing any seeds. Thinly slice the fennel bulb and red onion.
2. In a large salad bowl, combine the sliced oranges, fennel, and red onion.
3. In a small bowl, whisk together the olive oil, red wine vinegar, salt, and black pepper.
4. Pour the dressing over the salad ingredients and gently toss to combine.
5. Sprinkle the chopped fresh parsley over the top. Serve immediately and enjoy!

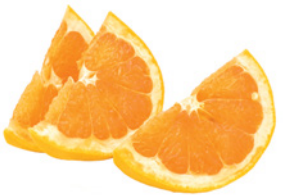
Serves 2-4

ingredients

- **Oranges: 3 large, peeled and thinly sliced**
- **Fennel bulb: 1 large, thinly sliced**
- **Red onion: ½ small, thinly sliced (optional)**
- **Olive oil: 3 tablespoons**
- **Red wine vinegar: 1 tablespoon**
- **Salt: ½ teaspoon**
- **Black pepper: ¼ teaspoon**
- **Fresh parsley: 2 tablespoons, chopped**

tip from the chef

Serve a beautiful bowl of this salad on your brunch table!



lemon bars

■■□ | Preparation time: 15 minutes - Cooking time: 30 minutes

ingredients

For the Crust:

- **All-purpose flour: 1 cup**
- **Butter: ½ cup (1 stick), softened**
- **Powdered sugar: ¼ cup**

For the Lemon Filling:

- **Granulated sugar: 1 cup**
- **All-purpose flour: 2 tablespoons**
- **Eggs: 2 large**
- **Lemon juice: ⅓ cup (freshly squeezed)**
- **Lemon zest: 1 teaspoon**
- **Powdered sugar for garnish**

method

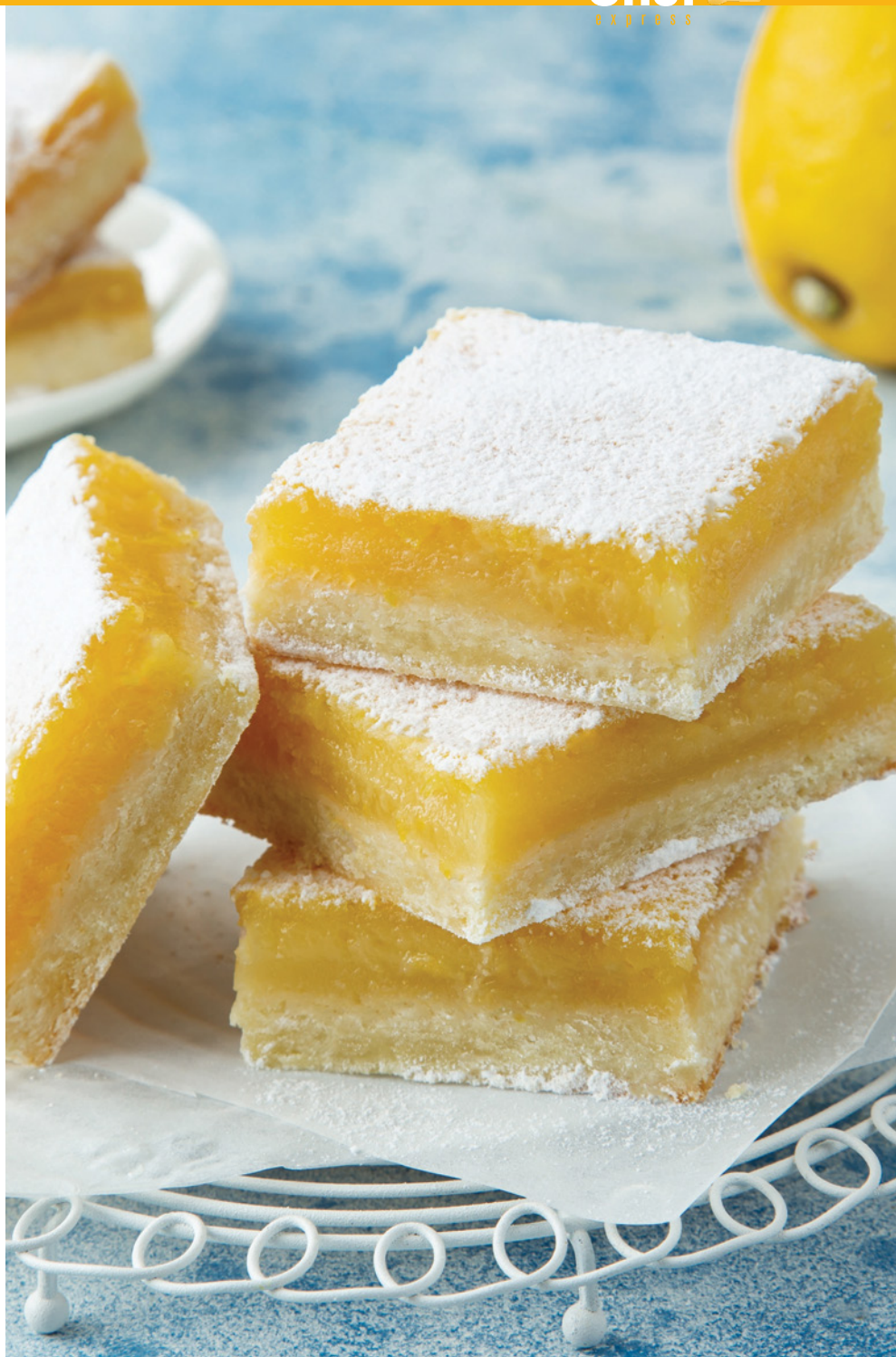
1. Preheat your oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper or lightly grease it.
2. In a medium bowl, mix together the flour, softened butter, and powdered sugar until a crumbly dough forms. Press the mixture evenly into the bottom of the prepared pan. Bake for 15-20 minutes or until lightly golden.
3. While the crust is baking, whisk together the granulated sugar and flour in a bowl. Add the eggs, lemon juice, and lemon zest, and whisk until smooth and well combined.
4. Pour the lemon filling over the hot crust. Return the pan to the oven and bake for an additional 15-20 minutes, or until the filling is set and no longer jiggly in the center.
5. Let the lemon bars cool completely in the pan, then refrigerate for at least 1 hour. Once chilled, cut into squares and dust with additional powdered sugar before serving.

Serves 9-12 bars



tip from the chef

Serve with a dollop of whip cream!





orange chicken stir-fry

■■□ | Preparation time: 10 minutes - Cooking time: 15 minutes

method

1. In a small bowl, whisk together the orange juice, soy sauce, honey, and cornstarch. Set aside.
2. Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the chicken, season with salt and black pepper, and stir-fry for 5-7 minutes until cooked through and golden brown. Remove from the skillet and set aside.
3. In the same skillet, add the remaining tablespoon of oil. Add the garlic, ginger, bell peppers, and broccoli. Stir-fry for 3-4 minutes until the vegetables are tender-crisp.
4. Return the chicken to the skillet. Pour in the prepared sauce and stir well to coat the chicken and vegetables. Cook for 1-2 minutes until the sauce thickens and everything is heated through.

Serves 4

ingredients

- **Chicken breast: 1 lb, cut into bite-sized pieces**
- **Orange juice: ½ cup (freshly squeezed)**
- **Soy sauce: 2 tablespoons**
- **Honey: 1 tablespoon**
- **Cornstarch: 1 tablespoon**
- **Garlic: 2 cloves, minced**
- **Ginger: 1 teaspoon, minced**
- **Vegetable oil: 2 tablespoons**
- **Bell peppers: 2 (1 red, 1 yellow), sliced**
- **Broccoli florets: 2 cups**
- **Green onions: 2, sliced**
- **Salt: ½ teaspoon**
- **Black pepper: ¼ teaspoon**
- **Sesame seeds for garnish**

tip from the chef

Sprinkle with sliced green onions and sesame seeds. Serve the stir-fry hot over rice or noodles.



lemon
ricotta pancakes

■■□ | Preparation time: 10 minutes - Cooking time: 15 minutes

ingredients

- All-purpose flour: 1 cup
- Baking powder: 1 teaspoon
- Salt: ¼ teaspoon
- Granulated sugar: 2 tablespoons
- Ricotta cheese: ¾ cup
- Milk: ½ cup
- Eggs: 2 large
- Lemon zest: 1 tablespoon (from 1 large lemon)
- Lemon juice: 2 tablespoons (freshly squeezed)
- Vanilla extract: 1 teaspoon
- Butter: For greasing the skillet
- Blueberries for garnish

method

1. n a large bowl, whisk together the flour, baking powder, salt, and sugar until well combined.
2. In another bowl, whisk together the ricotta cheese, milk, eggs, lemon zest, lemon juice, and vanilla extract until smooth.
3. Add the wet ingredients to the dry ingredients and stir gently until just combined. Be careful not to overmix; the batter should be slightly lumpy.
4. Heat a non-stick skillet or griddle over medium heat and lightly grease with butter. Pour ¼ cup of batter for each pancake onto the skillet. Cook for 2-3 minutes, or until bubbles form on the surface and the edges look set. Flip and cook for an additional 1-2 minutes until golden brown and cooked through.
5. Serve the pancakes warm with maple syrup, fresh berries, or a dusting of powdered sugar.

Serves 4 (8-10 pancakes)



tip from the chef

Serve with a fruit salad!





orange cranberry bread

■■□ | Preparation time: 15 minutes - Cooking time: 50-55 minutes

method

1. Preheat your oven to 350°F (175°C). Grease and flour a 9x5-inch loaf pan.
2. In a large bowl, whisk together the flour, baking powder, salt, sugar, and orange zest. Add the chopped cranberries and toss to coat with the flour mixture.
3. In another bowl, whisk together the orange juice, vegetable oil, egg, and vanilla extract until well combined.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; the batter should be slightly lumpy.
5. Pour the batter into the prepared loaf pan and smooth the top. Bake in the preheated oven for 50-55 minutes, or until a toothpick inserted into the center comes out clean. Allow the bread to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

Serves 8-10 slices

ingredients

- **All-purpose flour: 2 cups**
- **Baking powder: 1½ teaspoons**
- **Salt: ½ teaspoon**
- **Granulated sugar: ¾ cup**
- **Orange zest: 1 tablespoon (from 1 large orange)**
- **Fresh cranberries: 1 cup, coarsely chopped**
- **Orange juice: ¾ cup (freshly squeezed)**
- **Vegetable oil: ½ cup**
- **Egg: 1 large**
- **Vanilla extract: 1 teaspoon**

tip from the chef

Make an orange glaze with powdered sugar and orange juice and drizzle over the bread before serving.



lemon herb risotto

■■□ | Preparation time: 10 minutes - Cooking time: 25-30 minutes

ingredients

- Arborio rice: 1½ cups
- Olive oil: 2 tablespoons
- Shallot: 1, finely chopped
- Garlic: 2 cloves, minced
- Dry white wine: ½ cup
- Chicken or vegetable broth: 4 cups, warmed
- Lemon zest: 1 tablespoon (from 1 large lemon)
- Lemon juice: 2 tablespoons (freshly squeezed)
- Parmesan cheese: ½ cup, grated
- Fresh herbs: 2 tablespoons (such as parsley, rosemary, basil, or thyme), chopped
- Salt and black pepper: To taste
- Butter: 2 tablespoons

method

1. Heat the olive oil in a large skillet or saucepan over medium heat. Add the chopped shallot and garlic, and sauté for 2-3 minutes until softened and fragrant.
2. Add the Arborio rice to the skillet and stir to coat with the oil. Cook for 1-2 minutes until the rice becomes slightly translucent. Pour in the white wine and stir until it is absorbed.
3. Begin adding the warmed broth, one ladleful at a time, stirring frequently. Allow each addition to be absorbed before adding the next. Continue this process until the rice is creamy and tender, about 18-20 minutes.
4. Once the rice is cooked, stir in the lemon zest, lemon juice, grated Parmesan cheese, and butter. Mix well until the cheese is melted and the risotto is creamy. Season with salt and black pepper to taste.
5. Remove from heat and stir in the fresh herbs. Serve the risotto hot, garnished with additional herbs and a sprinkle of Parmesan if desired.

Serves 4



tip from the chef

This recipe is a great side dish for roasted chicken!





orange marmalade

■■□ | Preparation time: 15 minutes - Cooking time: 1 hour 30 minutes

method

1. Thoroughly wash the oranges and lemon. Cut the fruit into thin slices, removing any seeds. Cut the slices into small pieces if desired.
2. In a large pot, combine the fruit pieces with water. Bring to a boil over medium-high heat, then reduce the heat and simmer for 30 minutes, or until the fruit is tender.
3. Stir in the sugar until completely dissolved. Bring the mixture back to a boil, then reduce the heat and simmer gently. Stir occasionally to prevent sticking, and cook for about 1 hour, or until the mixture reaches the gel point.
4. To check for doneness, place a small spoonful of the marmalade on a chilled plate and let it sit for a minute. If it wrinkles when pushed with your finger, it's done. If not, continue cooking and test again after a few minutes.
5. Once done, remove the pot from the heat and let the marmalade cool for a few minutes. Transfer the marmalade to sterilized jars, leaving a bit of headspace at the top. Seal the jars and let them cool completely. Store in the refrigerator.

Serves 4 cups

ingredients

- **Oranges: 4 large, preferably seedless**
- **Lemon: 1 large**
- **Sugar: 4 cups**
- **Water: 4 cups**

tip from the chef

Serve on toasted bread slices!



lemon
meringue pie

■■□ | Preparation time: 30 minutes - Cooking time: 30-35 minutes

ingredients

For the Crust:
> **Graham cracker crumbs: 1½ cups**
> **Granulated sugar: ¼ cup**
> **Butter: 6 tablespoons, melted**

For the Lemon Filling:
> **Granulated sugar: 1 cup**
> **Cornstarch: ¼ cup**
> **Salt: ¼ teaspoon**
> **Water: 1 ½ cups**
> **Egg yolks: 4, beaten**
> **Lemon juice: ⅔ cup (freshly squeezed)**
> **Butter: 2 tablespoons**

For the Meringue:
> **Egg whites: 4**
> **Granulated sugar: ½ cup**
> **Cream of tartar: ¼ teaspoon**



method

1. Preheat your oven to 350°F (175°C). In a bowl, mix the graham cracker crumbs, sugar, and melted butter until well combined. Press the mixture into the bottom and up the sides of a 9-inch pie pan. Bake for 8-10 minutes, then let it cool.
2. In a saucepan, whisk together the sugar, cornstarch, and salt. Gradually stir in the water. Cook over medium heat, stirring constantly, until the mixture thickens and boils. Remove from heat and stir in the beaten egg yolks. Return to heat and cook for 2 more minutes, stirring constantly. Remove from heat and stir in the lemon juice and butter until smooth.
3. In a clean bowl, beat the egg whites and cream of tartar with an electric mixer until soft peaks form. Gradually add the sugar while continuing to beat until stiff, glossy peaks form.
4. Pour the lemon filling into the cooled crust. Spread the meringue over the filling, making sure to seal the edges. Use a spatula to create peaks in the meringue.
5. Bake in the preheated oven for 12-15 minutes, or until the meringue is golden brown. Allow the pie to cool completely before serving to let the filling set.

Serves 8





orange and almond cake

■■□ | Preparation time: 15 minutes - Cooking time: 35-40 minutes

method

1. Preheat your oven to 350°F (175°C). Grease and line an 8-inch round cake pan with parchment paper.
2. In a large bowl, whisk together the almond meal, granulated sugar, baking powder, and salt. In another bowl, beat the eggs, then mix in the orange zest and orange juice.
3. Add the wet ingredients to the dry ingredients and mix until well combined. Pour the batter into the prepared cake pan.
4. Bake in the preheated oven for 35-40 minutes, or until a toothpick inserted into the center comes out clean and the top is golden brown.
5. Allow the cake to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely. Dust with powdered sugar and arrange orange slices on top before serving if desired.

Serves 8

ingredients

- **Almond meal: 1½ cups**
- **Granulated sugar: 1 cup**
- **Eggs: 4 large**
- **Orange zest: 2 tablespoons (from 2 large oranges)**
- **Orange juice: ¼ cup (freshly squeezed)**
- **Baking powder: 1 teaspoon**
- **Salt: ¼ teaspoon**
- **Butter: 2 tablespoons, melted (for greasing the pan)**
- **Powdered sugar: For dusting (optional)**
- **Orange slices for garnish (optional)**

tip from the chef

Make an orange glaze with powdered sugar and orange juice and swirl over the cake before serving!



lemon
basil pesto pasta

■■□ | Preparation time: 10 minutes - Cooking time: 15 minutes

ingredients

- Pasta: 12 oz (such as spaghetti or fettuccine)
- Fresh basil: 1 cup, packed
- Lemon juice: 2 tablespoons (freshly squeezed)
- Lemon zest: 1 teaspoon
- Garlic: 2 cloves
- Pine nuts: ¼ cup (or walnuts)
- Parmesan cheese: ½ cup, grated
- Olive oil: ½ cup
- Salt: ½ teaspoon
- Black pepper: ¼ teaspoon

method

1. Cook the pasta according to package instructions until al dente. Drain and set aside, reserving ¼ cup of pasta water.
2. In a food processor, combine the fresh basil, lemon juice, lemon zest, garlic, and pine nuts. Pulse until finely chopped. With the processor running, slowly add the olive oil until the mixture becomes a smooth paste.
3. Add the grated Parmesan cheese to the pesto and pulse to combine. Season with salt and black pepper to taste.
4. Toss the cooked pasta with the pesto, adding a bit of the reserved pasta water if needed to loosen the sauce and help it coat the pasta evenly.
5. Serve the pasta hot, garnished with additional Parmesan cheese and fresh basil if desired.

Serves 4



tip from the chef

Serve with your favorite side salad!





orange zest
shortbread cookies

■■□ | Preparation time: 15 minutes - Cooking time: 10-12 minutes

method

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a medium bowl, cream together the softened butter and granulated sugar until light and fluffy. Mix in the vanilla extract and orange zest.
3. Gradually add the flour, salt and walnuts mixing until just combined. The dough will be thick.
4. Roll the dough into 1-inch balls and place them on the prepared baking sheet. Flatten each ball slightly with the bottom of a glass or your hand. Bake for 10-12 minutes, or until the edges are lightly golden.
5. Allow the cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Serves 10-12 cookies

ingredients

- **All-purpose flour: 1½ cups**
- **Granulated sugar: ½ cup**
- **Butter: ½ cup (1 stick), softened**
- **Orange zest: 2 tablespoons (from 1 large orange)**
- **Vanilla extract: 1 teaspoon**
- **Salt: ¼ teaspoon**
- **Finely chopped walnuts**

tip from the chef

Serve with a scoop of orange sherbert or make a glaze with powdered sugar and orange juice and drizzle over the cookies!



lemon

roasted asparagus

■□□ | Preparation time: 10 minutes - Cooking time: 15 minutes

ingredients

- Asparagus: 1 bunch (about 1 lb), trimmed
- Olive oil: 2 tablespoons
- Lemon juice: 2 tablespoons (freshly squeezed)
- Lemon zest: 1 teaspoon
- Garlic: 2 cloves, minced
- Salt: ½ teaspoon
- Black pepper: ¼ teaspoon
- Fresh parsley: 2 tablespoons, chopped (optional, for garnish)
- Lemon slices for garnish

method

1. Preheat your oven to 425°F (220°C). Place the trimmed asparagus on a baking sheet.
2. Drizzle the olive oil over the asparagus. Add the lemon juice, lemon zest, minced garlic, salt, and black pepper. Toss to coat the asparagus evenly.
3. Spread the asparagus in a single layer on the baking sheet. Roast in the preheated oven for 12-15 minutes, or until tender and lightly browned.
4. Remove from the oven and transfer to a serving dish. If desired, sprinkle with fresh chopped parsley for added color and flavor along with lemon slices.

Serves 2-4



tip from the chef

Serve with you next salmon dinner!





orange infused chocolate truffles

■■□ | Preparation time: 20 minutes - Cooking time: 10 minutes

method

1. In a small saucepan, heat the heavy cream over medium heat until it begins to simmer. Remove from heat and stir in the orange zest. Let steep for 5 minutes.
2. Place the chopped dark chocolate in a heatproof bowl. Pour the warm cream over the chocolate and let sit for 2 minutes. Stir until the chocolate is completely melted and smooth. Stir in the orange liqueur if using.
3. Cover the bowl with plastic wrap and refrigerate for about 1-2 hours, or until the mixture is firm enough to scoop.
4. Once the mixture is firm, use a small scoop or spoon to form balls of chocolate. Roll them between your hands to smooth them out.
5. Roll the truffles in unsweetened cocoa powder or powdered sugar. Place them on a parchment-lined tray. Refrigerate until ready to serve.

Serves 8-10 truffles

ingredients

- **Dark chocolate: 8 oz (chopped)**
- **Heavy cream: ½ cup**
- **Orange zest: 1 tablespoon (from 1 large orange)**
- **Orange liqueur: 2 tablespoons (optional, for extra flavor)**
- **Unsweetened cocoa powder: ¼ cup (for coating)**
- **Powdered sugar: ¼ cup (for coating, optional)**
- **Oranges for garnish**

tip from the chef

Serve on a platter with orange wedges!



lemon garlic shrimp scampi

■□□ | Preparation time: 10 minutes - Cooking time: 10 minutes

ingredients

- Large shrimp: 1 lb (peeled and deveined)
- Olive oil: 2 tablespoons
- Butter: 2 tablespoons
- Garlic: 4 cloves, minced
- Lemon juice: ¼ cup (freshly squeezed)
- Lemon zest: 1 tablespoon
- White wine: ¼ cup (optional)
- Red pepper flakes: ¼ teaspoon (optional)
- Salt: ½ teaspoon
- Black pepper: ¼ teaspoon
- Fresh parsley: 2 tablespoons, chopped (for garnish)
- Lemons for garnish
- Cooked pasta: 8 oz (optional, for serving)

method

1. Heat the olive oil and butter in a large skillet over medium heat. Add the minced garlic and sauté for about 1 minute, or until fragrant but not browned.
2. Add the shrimp to the skillet. Cook for 2-3 minutes per side, or until the shrimp turn pink and opaque.
3. Stir in the lemon juice, lemon zest, white wine (if using), red pepper flakes (if using), salt, and black pepper. Cook for an additional 1-2 minutes, allowing the sauce to reduce slightly.
4. If using pasta, toss it in the skillet with the shrimp and sauce until well coated and heated through.
5. Remove from heat and garnish with chopped fresh parsley and lemon wedges. Serve immediately over pasta.

Serves 4



tip from the chef

Serve with a basket of crusty french bread!





orange sorbet

■■□ | Preparation time: 10 minutes - Cooking time: 5 minutes

method

1. In a small saucepan, combine the sugar and water. Heat over medium heat, stirring until the sugar is completely dissolved. Remove from heat and let cool.
2. In a large bowl, combine the orange juice, lemon juice, and orange zest. Stir in the cooled syrup until well mixed.
3. Cover the bowl and refrigerate for at least 2 hours, or until the mixture is thoroughly chilled.
4. Pour the chilled mixture into an ice cream maker and churn according to the manufacturer's instructions, usually about 20-25 minutes, until the sorbet is thick and frosty.
5. Transfer the sorbet to a lidded container and freeze for an additional 1-2 hours to firm up further if needed. Scoop and serve chilled.

Serves 2-4

ingredients

- **Fresh orange juice: 2 cups (about 4-5 large oranges)**
- **Granulated sugar: ¾ cup**
- **Water: 1 cup**
- **Lemon juice: 2 tablespoons (freshly squeezed)**
- **Orange zest: 1 tablespoon (from 1 large orange)**

tip from the chef

Serve in hollowed out orange halves with a mint leave!



lemon
dill baked cod

■■□ | Preparation time: 10 minutes - Cooking time: 15-20 minutes

ingredients

- Cod fillets: 4 (6 oz each)
- Olive oil: 2 tablespoons
- Lemon juice: 2 tablespoons (freshly squeezed)
- Lemon zest: 1 teaspoon
- Dried dill: 1 tablespoon
- Garlic powder: ½ teaspoon
- Salt: ½ teaspoon
- Black pepper: ¼ teaspoon
- Fresh dill: 2 tablespoons, chopped (for garnish, optional)
- Lemon slices for garnish

method

1. Preheat your oven to 400°F (200°C). Lightly grease a baking dish or line it with parchment paper.
2. Pat the cod fillets dry with paper towels and place them in the prepared baking dish.
3. In a small bowl, mix together the olive oil, lemon juice, lemon zest, dried dill, garlic powder, salt, and black pepper.
4. Brush the seasoning mixture evenly over the cod fillets.
5. Bake in the preheated oven for 15-20 minutes, or until the fish is opaque and flakes easily with a fork. Garnish with chopped fresh dill and lemon slices if desired. Serve immediately.

Serves 2-4



tip from the chef

This cod recipe can be baked, fried or sauteed!





orange spice tea

■□□ | Preparation time: 15 minutes - Cooking time: 5 minutes

method

1. In a medium saucepan, bring 4 cups of water to a boil.
2. Add the orange zest, cinnamon stick, cloves, and star anise (if using) to the boiling water. Reduce heat and let simmer for 5 minutes.
3. Remove the saucepan from the heat. Add the black tea bags and let steep for 3-5 minutes, depending on your preference for tea strength.
4. Remove the tea bags and spices. Stir in honey to taste, adjusting sweetness as desired.
5. Pour the tea into cups. Garnish with fresh orange slices if desired. Serve hot and enjoy!

Serves 4

ingredients

- **Water: 4 cups**
- **Black tea bags: 4**
- **Orange zest: 2 tablespoons (from 1 large orange)**
- **Cinnamon stick: 1**
- **Whole cloves: 4**
- **Star anise: 1 (optional)**
- **Honey: 2 tablespoons (or to taste)**
- **Orange slices: For garnish (optional)**

tip from the chef

This tea would pair well with Orange cranberry bread!



lemon cheesecake

■■□ | Preparation time: 20 minutes - Cooking time: 50-60 minutes

ingredients

For the Crust:

- **Graham cracker crumbs: 1½ cups**
- **Granulated sugar: ¼ cup**
- **Butter: 6 tablespoons, melted**

For the Filling:

- **Cream cheese: 16 oz (2 packages), softened**
- **Granulated sugar: 1 cup**
- **Eggs: 3 large**
- **Sour cream: ½ cup**
- **Lemon juice: ¼ cup (freshly squeezed)**
- **Lemon zest: 2 tablespoons**
- **Vanilla extract: 1 teaspoon**

For the Topping (optional):

- **Whipped cream: 1 cup**
- **Lemon zest: For garnish**

method

1. Preheat your oven to 325°F (165°C). In a bowl, mix the graham cracker crumbs, sugar, and melted butter until combined. Press the mixture into the bottom of a 9-inch springform pan. Bake for 10 minutes, then remove from the oven and let cool.
2. In a large bowl, beat the cream cheese until smooth. Add the sugar and continue to beat until well combined. Mix in the eggs, one at a time, until fully incorporated. Add the sour cream, lemon juice, lemon zest, and vanilla extract, and mix until smooth.
3. Pour the filling over the cooled crust. Bake in the preheated oven for 50-60 minutes, or until the edges are set and the center is slightly jiggly. Turn off the oven and let the cheesecake cool in the oven with the door slightly open for 1 hour.
4. Remove the cheesecake from the oven and refrigerate for at least 4 hours or overnight to set completely.

Serves 6-8



tip from the chef

Before serving, top with whipped cream and additional lemon zest or lemon curd and lemon slices!





orange
carrot ginger soup

■■□ | Preparation time: 20 minutes - Cooking time: 30 minutes

method

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook for 5 minutes until softened. Add the minced ginger and garlic, and cook for an additional 1-2 minutes until fragrant.
2. Add the chopped carrots to the pot and cook for 5 minutes, stirring occasionally.
3. Pour in the vegetable broth and orange juice. Bring the mixture to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the carrots are tender.
4. Use an immersion blender to puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth, then return to the pot.
5. Season with salt and black pepper to taste. Garnish with fresh chopped parsley if desired. Serve hot and enjoy!

Serves 4

ingredients

- **Carrots: 6 large, peeled and chopped**
- **Onion: 1 large, chopped**
- **Fresh ginger: 2 tablespoons, minced**
- **Garlic: 2 cloves, minced**
- **Orange juice: 1 cup (freshly squeezed)**
- **Vegetable broth: 4 cups**
- **Olive oil: 2 tablespoons**
- **Salt: ½ teaspoon**
- **Black pepper: ¼ teaspoon**
- **Fresh parsley: 2 tablespoons, chopped (for garnish, optional)**

tip from the chef

Serve with baked crusty bread!



lemon
curd tart

■■□ | Preparation time: 20 minutes - Cooking time: 30 minutes
(for the crust and filling)

ingredients

For the Tart Crust:
- **All-purpose flour: 1½ cups**
- **Granulated sugar: ¼ cup**
- **Butter: ½ cup (1 stick), cold and cubed**
- **Egg yolk: 1 large**
- **Ice water: 2-3 tablespoons**

For the Lemon Curd Filling:
- **Lemon juice: ½ cup (freshly squeezed, about 2-3 lemons)**
- **Lemon zest: 2 tablespoons**
- **Granulated sugar: 1 cup**
- **Eggs: 3 large**
- **Butter: ¼ cup (½ stick), cut into small pieces**

For Garnish (optional):
- **Powdered sugar: For dusting**
- **Fresh berries: For decoration**
- **Lemon Slices**
- **Whip Cream**

method

1. Preheat your oven to 375°F (190°C). In a food processor, combine the flour and sugar. Add the cold butter and pulse until the mixture resembles coarse crumbs. Add the egg yolk and pulse until combined. Gradually add ice water, 1 tablespoon at a time, until the dough comes together. Press the dough into a 9-inch tart pan. Bake for 15 minutes or until lightly golden.
2. In a medium saucepan, whisk together the lemon juice, lemon zest, sugar, and eggs. Cook over medium heat, whisking constantly, until the mixture thickens and coats the back of a spoon (about 10 minutes). Remove from heat and stir in the butter until melted and smooth.
3. Pour the lemon curd into the pre-baked tart shell. Smooth the top with a spatula.
4. Bake the filled tart at 375°F (190°C) for 10-12 minutes, or until the curd is set. Let the tart cool completely in the pan on a wire rack.
5. Remove the tart from the pan and dust with powdered sugar. Garnish with fresh berries if desired.

Serves 8



tip from the chef

Serve with a cup of lemon tea!





orange and avocado guacamole

■□□ | Preparation time: 10 minutes - Cooking time: 0 minutes

method

1. Peel and segment the oranges, removing any seeds or pith. Dice the avocados and finely chop the red onion and cilantro.
2. In a medium bowl, gently combine the orange segments, diced avocado, chopped red onion, and cilantro.
3. Drizzle the lime juice and olive oil over the mixture. Season with salt and black pepper to taste.
4. Gently toss the guacamole to mix all ingredients evenly. Taste and adjust seasoning if needed.

Serves 2-4

ingredients

- **Oranges: 2 (peeled and segmented)**
- **Avocados: 2 (diced)**
- **Red onion: ¼ cup, finely chopped**
- **Cilantro: ¼ cup, chopped**
- **Lime juice: 2 tablespoons (freshly squeezed)**
- **Olive oil: 1 tablespoon**
- **Salt: ½ teaspoon**
- **Black pepper: ¼ teaspoon**
- **Chopped Tomatoes to garnish**



tip from the chef

Serve cold with chips, tacos, or grilled meats!

lemon thyme
roasted potatoes

■□□ | Preparation time: 10 minutes - Cooking time: 25-30 minutes

ingredients

- Baby potatoes: 1½ lbs (or 6-8 medium potatoes),
- Olive oil: 2 tablespoons
- Lemon juice: 2 tablespoons (freshly squeezed)
- Lemon zest: 1 teaspoon
- Fresh thyme: 2 tablespoons, chopped (or 1 tablespoon dried thyme)
- Garlic powder: ½ teaspoon
- Salt: ½ teaspoon
- Black pepper: ¼ teaspoon

method

1. Preheat your oven to 425°F (220°C). In a large bowl, toss the potatoes with olive oil, lemon juice, lemon zest, thyme, garlic powder, salt, and black pepper.
2. Spread the seasoned potatoes in a single layer on a baking sheet.
3. Roast in the preheated oven for 25-30 minutes, or until the potatoes are golden brown and tender, flipping them halfway through for even cooking.
4. Test a potato with a fork to ensure it's cooked through. The fork should easily slide into the potato.
5. Remove from the oven and let cool slightly. Serve warm, garnished with extra thyme or sage leaves if desired.

Serves 4



tip from the chef

Serve as a side with grilled pork chops and extra lemon wedges!





orange flan

■■■ | Preparation time: 15 minutes - Cooking time: 50-60 minutes

method

1. In a small saucepan over medium heat, combine the granulated sugar and water. Cook, swirling the pan occasionally, until the sugar turns a golden brown color. Carefully pour the caramel sauce into the bottom of a 9-inch round cake pan or flan molds, tilting to coat the bottom evenly.
2. In a large bowl, whisk together the eggs, sweetened condensed milk, whole milk, orange juice, orange zest, and vanilla extract until well combined.
3. Gently pour the flan mixture over the set caramel in the pan or flan molds.
4. Place the pan or molds in a larger baking dish filled with hot water (about halfway up the sides of the pan). Bake in a preheated oven at 350°F (175°C) for 50-60 minutes, or until the flan is set and a knife inserted in the center comes out clean.
5. Remove from the oven and let cool to room temperature. Refrigerate for at least 4 hours or overnight. To serve, run a knife around the edges of the flan, invert onto a plate, and enjoy!

Serves 4-6

ingredients

For the Caramel:

> Granulated sugar: ½ cup
> Water: 2 tablespoons

For the Flan:

> Eggs: 4 large
> Sweetened condensed milk: 1 can (14 oz)
> Whole milk: 1 cup
> Orange juice: ½ cup (freshly squeezed)
> Orange zest: 1 tablespoon
> Vanilla extract: 1 teaspoon

tip from the chef

Garnish with extra caramel sauce and a slice of orange!



lemon
lavender scones

■■□ | Preparation time: 15 minutes - Cooking time: 15-20 minutes

ingredients

- All-purpose flour: 2 cups
- Granulated sugar: ¼ cup
- Baking powder: 1 tablespoon
- Salt: ¼ teaspoon
- Butter: ½ cup (1 stick), cold and cubed
- Dried culinary lavender: 1 tablespoon (optional)
- Lemon zest: 1 tablespoon
- Egg: 1 large
- Heavy cream: ½ cup
- Lemon juice: 1 tablespoon (optional, for extra flavor

For the Glaze (optional):

- Powdered sugar: ½ cup
- Lemon juice: 2 tablespoons

method

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt. Cut in the cold, cubed butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs.
3. Stir in the dried lavender and lemon zest. In a separate bowl, whisk together the egg, heavy cream, and lemon juice (if using). Add to the flour mixture and stir until just combined.
4. Turn the dough out onto a lightly floured surface and gently knead a few times. Pat the dough into a 1-inch thick circle and cut into 8 wedges. Place the scones on the prepared baking sheet and bake for 15-20 minutes or until golden brown.
5. If using the glaze, mix powdered sugar and lemon juice until smooth and drizzle over the cooled scones.

Serves 8 scones



tip from the chef

These scones are great to make ahead for your next brunch!





orange
and beet salad

■■□ | Preparation time: 15 minutes - Cooking time: 40-50 minutes (if roasting beets)

method

1. If using raw beets, roast them at 400°F (200°C) for 40-50 minutes until tender, or boil them for 30 minutes until easily pierced with a fork. Let cool, then peel and slice into wedges.
2. Peel and segment the oranges, removing any seeds or pith.
3. In a small bowl, whisk together olive oil, red wine vinegar, honey, salt, and black pepper.
4. In a large bowl, combine the arugula or mixed greens, orange segments, red onion and beet slices. Drizzle with the dressing and toss gently to combine.
5. Sprinkle crumbled feta cheese over the top and garnish with chopped fresh parsley if desired.

Serves 2-4

ingredients

- **Beets: 4 medium, peeled and roasted or boiled**
- **Oranges: 2 large, peeled and segmented**
- **Red onion: ¼ cup, thinly sliced**
- **Arugula or mixed greens: 4 cups**
- **Feta cheese: ½ cup, crumbled**
- **Olive oil: 2 tablespoons**
- **Red wine vinegar: 1 tablespoon**
- **Honey: 1 teaspoon**
- **Salt: ½ teaspoon**
- **Black pepper: ¼ teaspoon**
- **Chopped fresh parsley: 2 tablespoons (for garnish, optional)**

tip from the chef

Serve with your next Sunday ham dinner!



lemon
garlic hummus

■□□ | Preparation time: 10 minutes - Cooking time: 0 minutes

ingredients

- Canned chickpeas: 1 can (15 oz), drained and rinsed
- Tahini: ¼ cup
- Lemon juice: 3 tablespoons (freshly squeezed)
- Garlic: 2 cloves, minced
- Olive oil: 2 tablespoons
- Water: 2-3 tablespoons (as needed for consistency)
- Salt: ½ teaspoon
- Ground cumin: ½ teaspoon (optional)
- Paprika: For garnish (optional)

method

1. In a food processor, combine the chickpeas, tahini, lemon juice, minced garlic, olive oil, and salt. Blend until smooth.
2. With the food processor running, gradually add water, 1 tablespoon at a time, until the hummus reaches your desired consistency.
3. Add ground cumin if using and blend again. Taste and adjust seasoning if necessary.
4. Transfer the hummus to a serving bowl. Drizzle with additional olive oil and sprinkle with paprika if desired.

Serves 4-6



tip from the chef

Serve with pita bread, crackers, or fresh vegetables!



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