

EUROPE PROMOTES A HEALTHY FUTURE

# WELCOME TO THE LEMON AGE

WITH LEMONS FROM SPAIN

*Press Release*

## The European lemon creates a new era in gastronomy thanks to its unique flavor and vitamin C

- This citrus fruit, perfect for consumers increasingly interested in health, has an acid point that makes it one of the star products of the Mediterranean Diet, the healthiest in the world according to the World Health Organization
- Discover three simple recipes to enjoy the change of year with lemon from Europe, a product that has the highest quality certifications and that stands out for its versatility in gastronomy since everything is used: from juice to skin

(United States. December 17, 2020). We live in a time of change. The world is no longer what it was yesterday. New technologies, new sensibilities, new ways of being that are shaping a new era. **A new era in which European lemon occupies a prominent place in food, new trends, healthy habits, and gastronomy.**

Grown under the demanding European production model, the European lemon is a modern food with the **highest certified quality in sustainability, food safety, and traceability**. A source of Vitamin C, it's perfect for consumers who are increasingly interested in health. It has a unique flavor and an acid point that make it one of the star products of the **Mediterranean Diet**, the healthiest in the world according to the World Health Organization (WHO).

The lemon is a food **without fat, saturated fats, and cholesterol, it is very low in sodium, and in calories, and contains a high content of vitamin C**, according to the FDA (Food and Drug Administration).

### A treasure in the kitchen

The lemon stands out for its versatility in gastronomy since each of its parts are used: from the juice to the skin. **It is a natural food** that offers endless possibilities in the kitchen. From a starter to dessert, its intense perfume, acidic juice, and tasty peel **enhance the flavor of any dish**. Lemon is a perfect fit in **sweet and savory dishes**: to dress up salads; it accompanies seafood, rice, soups, fish, and meat, and flavors desserts, cakes, or drinks.

Within the framework of the Welcome to the Lemon Age campaign, the 'Lemon from Spain' Brand of ALLIMPO reveals **three simple recipes** to try before the end of the year and which prove that lemon is a treasure that must always be on hand in the kitchen.

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## Salmon tartare with lemon zest and mango

### Ingredients

#### Serves 4:

- 3 lemons, Fino or Primofiori, zested and juiced
- 1lb salmon filet, skinless and boneless
- ½ cucumber, chopped
- 3 tablespoons minced chives
- 3 tablespoons of extra virgin olive oil
- 1 red onion, minced
- 1 jalapeño, minced
- 10 sprigs of cilantro
- ½ cup of mango puree
- 2 tablespoons black or roasted sesame seeds
- 1 lemon, cut into wedges
- Salt



### Method:

1. Chop the salmon into 2x2 cm cubes
2. Put the salmon in a bowl and marinate for a few minutes with the cucumber, chives, olive oil, a pinch of salt and the zest of the 3 lemons.
3. In another bowl, marinate the red onion, jalapeño without its seeds, the chives, a pinch of salt, and the juice of 3 lemons for 15 minutes.
4. On a plate and with the help of a kitchen ring, put the marinated salmon in the center without squashing it too much and remove the ring.
5. Finish by spooning the mango puree, sesame seeds, and a topping of the drained onion marinade. Serve with a few lemon wedges to squeeze when eating.

## Lemon Pie Glasses

### Ingredients

#### Serves 4

- 1 tablespoon grated lemon zest, Fino or Primofiori
- ½ cup of sugar
- 1 tablespoon cornstarch
- 3 eggs
- 2/3 cup of condensed milk
- 6 tablespoons of butter

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- 3 egg whites
- 1/3 cup sugar
- ½ cup of butter cookie crumbs

## Method:

1. Mix the eggs in a bowl and beat well, add the sugar, cornstarch, lemon zest, lemon juice and condensed milk.
2. Put the bowl in a bain-marie and cook until it takes shape. Once it has texture remove from the heat and add the cold butter in cubes so that the cream shines. Reserve in a pastry bag a couple of hours in the refrigerator to cool.
3. Put the egg whites in a bowl and beat with a hand-mixer until they begin to stiffen. Add the sugar little by little until the meringue makes firm peaks. Set aside in a pastry bag.
4. Put a couple of tablespoons of the ground cookie crumbs at the base of the glasses. Add the lemon cream on top and finish with the meringue and lemon zest. Optionally, you can blowtorch it if you'd like to toast the meringue.



## Roasted Lemon & Yellow Tea Mocktail

### Ingredients:

#### Serves 4

- 4 lemons, Fino or Primofiori
- 2 tea bags of yellow tea
- 2 ½ cups of water
- 1 ice bucket
- 3 tablespoons of sugar
- 3 cups of pear juice
- 4 cinnamon sticks

## Method:

1. Boil water and add the tea bags. Let it cool down and put the infusion in ice buckets for about 5 hours until you get iced tea.
2. Cut the lemons into slices and coat them in sugar. In a pan, brown them on each side. Set aside.
3. In glasses, add two or three ice cubes, the roasted lemons, and the pear juice. Stir with a spoon to mix the flavors and serve with a cinnamon stick.

*Welcome to the Lemon Age*

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*Welcome to the Lemon Age*, coordinated by AILIMPO (Spanish Lemon and Grapefruit Interprofessional Association), is the most ambitious promotion, information and dissemination campaign in the history of the European lemon, funded by the European Union and taking place in Spain, France, Germany, United States and Canada.

**More information**

[www.thelemonage.com](http://www.thelemonage.com)

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