

Fluvanna County Public Library

Spice of the Month Club

Lemon Pepper Seasoning**

Flavor Profile: Zesty, tangy, bold and spicy

Lemon Pepper is a seasoning made from granulated lemon zest and cracked black peppercorns. The lemon zest is mashed with the pepper to allow the citrus oil to infuse into the pepper. This mix is then baked and dried and can be used on meats (particularly poultry) and pasta, although it was originally used primarily for seafood.

Lemon pepper seasoning has two distinct flavor profiles – bitter and citrus. Because of the fresh lemon zest, the citrus provides a tangy, sweet flavor while the black pepper has a bitter taste. Together, they balance each other out into a slightly sweet lemon zest seasoning.



According to Spiceography lemon pepper seasoning likely originated in India, as a result of its native lemons and black peppercorns. While it is unclear when the combination of these spices was first used, it is known that lemon pepper is a common flavoring in modern-day Indian cuisine. Both fruits gained popularity throughout Europe in the 15th century and were brought to the New World by explorers around the same time. Lemon pepper is a popular flavor combination in many European cuisines, including Italian, Spanish and Greek. The pairing is also popular in American cuisine, a common component of summer grilling culture. Lemon pepper is having a bit of a cultural moment. Thanks in large part to the wildly popular lemon pepper hot wings served in Atlanta, as chronicled in Donald Glover's eponymous cult-favorite TV show, the oft-ignored bottled seasoning blend is enjoying a much-deserved renaissance. Today lemon pepper seasoning can be found in the spice aisle of most supermarkets and grocery stores in the United States and Europe.

Lemon pepper is generally commercially available in small jars, although it may also be homemade. Although the original recipe was a closely-guarded secret, along with preserved lemons it may also include smaller amounts of salt, sugar, onion, garlic, citric acid, additional lemon flavor, cayenne pepper, and other spices.

How to Use Lemon Pepper Seasoning

- Grilled or roasted meat and seafood
- Steamed, roasted, grilled, and sautéed vegetables
- Pasta and rice
- Salad dressing, marinades and sauces
- Seasoning popcorn
- Breading and coating
- Soups and stews

Remember this blend is quite potent so a little goes a long way.

****Ingredients in Badia Lemon Pepper Spice: Salt, Citric Acid, Dehydrated Onion, Spices Dehydrated Garlic, Silicon Dioxide (to prevent Caking) and Oil of Lemon**

Homemade Lemon Pepper Seasoning (6 servings)

- 5 large lemons
 - ¼ cup peppercorns
 - 2 tsp. coarse salt
1. Preheat your oven to its lowest setting. Using a paring knife or vegetable peeler, remove just the outer yellow from the lemon, taking care to leave as much of the white pith behind as possible.
 2. Line a sheet pan with parchment paper, then spread the strips of lemon onto the pan in one layer. Place in the preheated oven and allow the lemon strips to dry out, about 2-3 hours. Be sure to check on them and remove them as soon as they're completely dried out.
 3. Place the dried lemon and peppercorns into a spice grinder or a high-powered blender, processing until it's mostly smooth but the peppercorns still have a few coarse pieces. Mix in the salt and pour into a small, air-tight jar for storage.



<https://www.thewickednoodle.com/lemon-pepper-seasoning/>

NOTE: Some recipes also add 1 Tbsp. of dried minced garlic and 1 Tbsp. dried minced onion or more to taste - <https://www.daringgourmet.com/lemon-pepper-seasoning/>

Homemade Lemon Pepper Marinade (or Salad Dressing) 1 cup

- ½ cup fresh lemon juice
 - Zest of one lemon
 - 3 garlic cloves mashed
 - ½ cup extra virgin olive oil
 - Few drops tobacco sauce
 - 2 Tbsp. lemon pepper seasoning
1. Combine all ingredients in a large bowl with a whisk.
 2. Pour into a large sealable bag and add your meat.
 3. Marinate in the refrigerator for 2 hours. If using for shrimp, only marinate for 30 minutes.
 4. NOTE: Lemon pepper marinade that has NOT come in contact with any raw meat can be stored in the refrigerator for up to 2 weeks. Shake or stir well before each use.



<https://ameessavorydish.com/lemon-pepper-marinade>

Roasted Lemon Pepper Asparagus (4 servings)

- 1 bunch (about 1 lb or 500 grams) green asparagus
 - 1-2 Tbsp. extra virgin olive oil
 - 1 tsp. lemon pepper seasoning
 - ¼ tsp. kosher or fine sea salt
 - 2-3 Tbsp. Parmesan cheese grated, shredded, or shaved
1. Preheat oven to 400 degrees F (200 C). Trim asparagus by cutting off the thick, woody ends with a sharp chef's knife.



2. Spread asparagus stalks on a large baking sheet in a single even layer. Drizzle with olive oil, then sprinkle evenly lemon pepper seasoning and salt. Toss quickly to combine.
3. Roast for about 8 minutes, until the asparagus spears are tender enough to be pierced with a fork.
4. Remove the baking sheet and turn your oven to broil. Sprinkle the asparagus with Parmesan, then return to the oven to broil for just 1-2 minutes, until the cheese is melted and the asparagus is slightly crisp on the ends.

<https://www.nourish-and-fete.com/roasted-lemon-pepper-asparagus/>

Lemon Pepper Burgers (4 servings)

- 1 lbs. 90% lean ground beef
- ½ c. shredded sharp Cheddar cheese
- 2 tsp. Worcestershire sauce
- 2 tsp. lemon pepper seasoning blend
- ½ tsp. Garlic Powder
- 4 Pretzel hamburger buns
- Sliced tomato
- Large leaf lettuce



1. Combine ground beef, cheese, Worcestershire sauce, 1 teaspoon lemon pepper seasoning and garlic powder in a medium bowl, mixing lightly but thoroughly.
2. Shape into four 1/2-inch-thick patties. Press remaining lemon pepper seasoning evenly onto both sides of patties.
3. Pan-fry, grill or broil patties 10 to 13 minutes or until no longer pink in center, turning once halfway through cooking. Serve burgers in pretzel buns with tomato and lettuce, if desired.

https://www.hy-vee.com/discover/recipes/lemon-pepper-burgers?srsId=AfmBOooUI4l2BQQkIWxV_XnJKhAFF5RiqDTlKeCBtvODvFmv9u72gl-Q

Hot Spinach Spread with Pita Chips (4 cups)

- 2 cups shredded Monterey Jack cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1 package (8 ounces) cream cheese, cubed
- 2 plum tomatoes, seeded and chopped
- ¾ cup chopped onion
- 1/3 cup half-and-half cream
- 1 Tbsp. finely chopped seeded jalapeno pepper
- 6 pita breads (6 inches)
- ½ cup butter, melted
- 2 tsp. lemon pepper seasoning
- 2 tsp. ground cumin
- ¼ tsp. garlic salt



1. In a large bowl, combine the first 7 ingredients. Transfer to a greased 1-1/2 qt. baking dish. Bake, uncovered, at 375F for 20-25 minutes or until bubbly.
2. Meanwhile, cut each pita bread into 8 wedges. Place in two 15 x 10 x 1 inch baking pans. Combine the butter, lemon pepper, cumin, and garlic salt; brush over pita wedges.
3. Bake for 7-9 minutes or until crisp. Serve with spinach spread.

<https://www.tasteofhome.com/recipes/hot-spinach-spread-with-pita-chips/>

Lemon Pepper Orzo Casserole (Dump & Bake Dinner) (6 servings)

- 1 lb orzo*, 453 g
- 2 cups chopped asparagus, cut into bite-sized pieces
- 3 cups vegetable broth, 700 mL
- 1 cup heavy cream, 236 mL
- 4 cloves garlic, minced
- 2 tsp. lemon pepper seasoning
- ½ tsp. each salt, mustard powder
- ¼ tsp. ground black pepper
- ½ cup grated parmesan cheese, 40 g
- 2 handfuls fresh spinach, roughly chopped
- 1 15-oz can chickpeas, optional



1. Prep: Preheat oven to 375°F (190°C). Lightly grease a large (9×13 inch or similar) casserole dish.
2. Dump: To the prepared dish, dump in 1 lb orzo*, 2 cups chopped asparagus, 3 cups vegetable broth, 1 cup heavy cream, 4 cloves garlic (minced), 2 tsp lemon pepper seasoning, ½ tsp each salt, mustard powder, and ¼ tsp ground black pepper.
3. Optionally stir in 1 15-oz can chickpeas (drained).
4. Bake: Stir to combine then cover tightly with aluminum foil. Bake for 30 to 40 minutes*, or until orzo is al dente (mostly tender but still has a little firmness in the middle).
5. Stir Ins: Stir in ½ cup grated parmesan cheese and 2 handfuls fresh spinach. Return to the oven, uncovered, for 5 to 10 minutes. Orzo should be tender when finished.
6. Serve warm with crusty bread on the side!

<https://www.liveeatlearn.com/lemon-pepper-orzo-bake/>

Lemon Pepper Fish

- 4 mahi mahi filets
- 1 Tbsp. olive oil
- 1 Tbsp. lemon pepper seasoning
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- Fresh chopped parsley, for garnish
- Lemon wedges, for serving



1. Preheat oven to 425F. Line a baking sheet with parchment paper.
2. Pat the mahi mahi dry and then rub with the olive oil.

3. Combine the lemon pepper, garlic powder, and smoked paprika in a small bowl and sprinkle over the fish on both sides to coat.
4. Place fish on the prepared baking sheet and bake for 16-20 minutes or until fish easily flakes with a fork.
5. Sprinkle with freshly chopped parsley to garnish and serve with lemon wedges.

<https://thatlowcarblife.com/lemon-pepper-fish/>

Easy Lemon Pepper Sugar Cookies (9 large cookies)

- 1 cup granulated sugar (200g)
- 1 tbsp. lemon zest or the zest of 1 medium lemon
- ½ cup unsalted butter room temperature (113g)
- 1 large egg room temperature
- ½ tbsp. vanilla extract
- 1 ¾ cups all-purpose flour (219g)
- ½ tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. kosher salt
- ½ tsp. lemon pepper seasoning



Coating

- ¼ cup granulated sugar (50g)
- 1 tbsp. lemon zest or the zest of 1 medium lemon
- ¼-½ tsp. whole peppercorn freshly-cracked

1. Do ahead

- The dough can be made up to 3 days in advance and stored in the refrigerator in an airtight container until ready to bake. The dough can also be frozen for up to 3 months in an airtight container.
- Line a sheet pan with parchment paper.

2. Make the dough

- In a large mixing bowl or in the bowl of a stand mixer, rub together the granulated sugar and lemon zest to express the oils of the zest. Add the unsalted butter and beat together for 3 minutes, scraping down the bowl at least once, until creamed together.
- Add the egg and vanilla and beat to combine.
- In a separate medium bowl, thoroughly whisk together the flour, baking soda, baking powder, kosher salt and lemon pepper seasoning. Add this mixture to the wet ingredient mixture and mix on low just until no dry streaks of flour remain.
- Scoop out the dough with a large cookie scoop (3 tablespoon capacity) onto the prepared pan or a large plate.

3. Make the coating

- In a small mixing bowl, rub together the granulated sugar and lemon zest to express the oils of the zest. Add the freshly-cracked pepper and toss to combine.
- Roll the balls in the mixture to coat, adding a little extra on top, if desired.
- Place the coated dough balls in the refrigerator to chill for 30 minutes.

4. Bake the cookies

- Meanwhile, preheat the oven to 350°F. Place the chill dough balls on the baking sheet. My baking sheet fits five at a time. Bake for 11-12 minutes. Do not overbake. If you over bake the cookies, they will be more crispy than chewy.
5. Let sit on the pan for at least 5 minutes before transferring to a wire rack to cool completely.

<https://youthsweets.com/easy-lemon-pepper-sugar-cookies/>

Oven Roasted Broccoli with Lemon Pepper (4 servings)

- 24 oz. or 1 ½ lbs. Broccoli Florets
 - 2 Tbsp. Avocado Oil
 - ½ tsp. Salt
 - ½ tsp. Pepper
 - 2 tsp. Lemon Pepper
1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
 2. In a large mixing bowl, add the broccoli florets, avocado oil, salt and pepper. Toss to distribute the oil and spices evenly among all of the broccoli. Spread broccoli onto the prepared baking sheet in a single, even layer. Bake for 14-18 minutes until the broccoli is just starting to get crispy on top and is lightly browned.
 3. Remove from the oven and toss roasted broccoli with the lemon pepper seasoning. Transfer to a serving dish and serve immediately.



<https://whippeditup.com/oven-roasted-broccoli-with-lemon-pepper/>

Lemon Pepper Deviled Eggs (12 servings)

- 6 hard-boiled eggs
 - 2 ½ tablespoons mayonnaise
 - 1 tablespoon lemon juice
 - ⅛ teaspoons lemon zest minced
 - ½ teaspoons lemon pepper
1. lemon pepper for garnish
 2. Slice eggs in half lengthwise.
 3. Remove the yolks into a small bowl.
 4. Mash the yolks with a fork until they are crumbly.
 5. Add the mayo, lemon juice, lemon zest and a 1/2 teaspoon of lemon pepper, and combine well.
 6. Spoon filling into egg halves.
 7. Chill and Serve.



<https://dailydishrecipes.com/deviled-eggs-recipe-4/>

Lemon Pepper Chicken Thighs (8 Servings)

- 3 pounds chicken parts
 - 1 tablespoon oil
 - 1 tablespoon Lemon Pepper Seasoning
1. Preheat oven to 375°F. Place chicken in a shallow baking pan. Brush with oil. Sprinkle chicken evenly with Seasoning.
 2. Bake for 40 to 45 minutes or until chicken is cooked through.



<https://www.mccormick.com/blogs/recipes/lemon-pepper-chicken-thighs>

Lemon Pepper Pasta with Shrimp (4 servings)

- 3 cups uncooked dried cavatappi or fusilli pasta
 - ¼ cup butter
 - 1 Tbsp. lemon pepper seasoning
 - 1 pound uncooked medium shrimp, peeled and deveined
 - 1 (6-ounce) package (6 cups) fresh baby spinach leaves
 - 1 cup shredded Parmesan cheese
1. Cook pasta according to package directions. Drain.
 2. Melt butter in 10-inch nonstick skillet over medium-low heat until sizzling. Stir in lemon pepper seasoning. Add shrimp, cook 5-7 minutes or until shrimp turns pink. Add spinach, continue cooking until wilted. Add pasta and cheese, toss until coated.



<https://www.landolakes.com/recipe/8363/Lemon-Pepper-Pasta-with-Shrimp>

Corn on the Cob with Lemon Pepper Butter (8 servings)

- 8 medium ears sweet corn
 - 1 cup butter, softened
 - 2 Tbsp. lemon pepper seasoning
1. Carefully peel back corn husks to within 1 inch of bottoms; remove silk. Rewrap corn in husks; secure with kitchen string. Place in a stockpot; cover with cold water. Soak 20 minutes; drain.
 2. Meanwhile, in a small bowl, mix butter and lemon pepper. Grill corn, covered, over medium heat 20-25 minutes or until tender, turning often.
 3. Cut string and peel back husks. Serve corn with butter mixture.



<https://www.tasteofhome.com/recipes/corn-on-the-cob-with-lemon-pepper-butter/>

Lemon Pepper Chicken Tenders Recipe (4 servings)

- 1.5 pounds (680 grams) chicken tenders (or chicken breasts sliced into strips)

Breading and Coating

- ½ cup all-purpose flour
- 2 large eggs
- 1 tbsp. water
- 1 cup panko breadcrumbs
- ½ cup grated parmesan cheese

Seasonings and Flavoring:

- 1 teaspoon salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- 1 lemon zest
- 1 tbsp. lemon pepper seasoning
- 3 tbsp. olive oil (or butter)

1. Thoroughly blot chicken tenders with clean paper towels to remove excess moisture, ensuring a crisp exterior during cooking.
2. Create a vibrant seasoning blend by combining granulated salt, freshly cracked black pepper, garlic powder, onion powder, sweet paprika, and fragrant lemon zest.
3. Generously coat each chicken tender with the aromatic spice mixture, pressing the seasonings gently into the surface to maximize flavor absorption.
4. Allow the seasoned tenders to rest momentarily, enabling the spices to penetrate and enhance the meat's natural taste profile.
5. Proceed with your preferred cooking method – grilling, baking, or pan-searing – to transform the seasoned tenders into a delectable, zesty protein dish.

https://www.passandprovisions.com/recipes/lemon-pepper-chicken-tenders-recipe/?utm_source=Pinterest&utm_medium=organic



Library Resources

The Love of Lemons Cookbook by Jeanine Donofrio – 641.523 DON

More Mediterranean by America's Test Kitchen – 641.5918 AME

The Shortcut Cook All in One by Rosie Reynolds – 641.82 REY

Zariz by Adeena Susman – 641.5956 SUS

Spice of the Month is sponsored by the Friends of the Library on the 4th Saturday of the Month. We love to hear feedback on recipes you have tried and the spice.