

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. It is also used in the preparation of lemon pepper wings.

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 Spice Blend: Salt, Garlic, Onion, Spices, Citric Acid, Sugar, Silicon Dioxide, Lemon Oil, Oleoresin, Turmeric



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>

Easy Lemon Pepper Chicken Breasts

- 2 boneless skinless chicken breasts
- 2 Tbsp. all-purpose flour
- 1 Tbsp. lemon pepper seasoning
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- ½ cup chicken broth
- 1 Tbsp. butter



- 1 tsp. lemon juice
 - 1 Tbsp. chopped fresh parsley (optional)
 - 1/8 tsp. freshly cracked black pepper
1. Use a sharp knife to carefully fillet the chicken breasts into two thinner pieces (of use thin-cut chicken breasts)
 2. Combine the flour and lemon pepper seasoning in a bowl. Sprinkle the mixture over both sides of the chicken breast pieces and then rub it in until the chicken is fully coated.
 3. Heat the cooking oil in a large skillet over medium. When the skillet and oil are very hot, add the chicken and cook on each side until golden brown (about 5 minutes per side). Remove the cooked chicken to a clean plate and cover to keep warm.
 4. Add the butter and minced garlic to the skillet and saute for about one minute.
 5. Add the chicken broth to the skillet and whisk to dissolve all the browned bits from the bottom of the skillet. Add the lemon juice and allow the sauce to simmer in the skillet for 3-5 minutes, or until it has reduced slightly. Taste the sauce and add salt if needed.
 6. Finally, return the chicken to the skillet and spoon the sauce over top. Allow the chicken to heat through. Season with a little freshly cracked pepper and fresh chopped parsley (optional), then serve.

<https://www.budgetbytes.com/easy-lemon-pepper-chicken/>

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/>

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/>

Beef & Spinach Gyros

- 1 pound lean ground beef
- 1 package (10 ounces) frozen chopped spinach, thawed and squeeze dry
- 6 green onions, chopped
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 2 tsp. lemon pepper seasoning, divided
- 1 large tomato, chopped
- 1 cup plain yogurt
- ½ cup mayonnaise
- 6 pita breads (6 inches), halved
- 12 lettuce leaves
- 1 cup crumbled feta cheese



1. In a large skillet, cook beef over medium heat until no longer pink. Add the spinach, onions, olives and 1 tsp. lemon pepper; heat through. Stir in tomato; set aside.
2. In a small bowl, combine the yogurt, mayonnaise and remaining lemon pepper. Line pita halves with lettuce; fill with beef mixture and feta cheese. Service with yogurt sauce.

<https://www.tasteofhome.com/recipes/beef-spinach-gyros/>

ATL-Style Lemon Pepper Wet Wings (Air Fried or Baked) 12 wings

Chicken Wings

- 12 ct. chicken wings
- 2 Tbsp. grapeseed oil (or olive oil)
- 2 Tbsp. lemon pepper seasoning
- ½ Tbsp. garlic powder
- ½ Tbsp. smoked paprika

Wing Sauce

- 6 Tbsp. unsalted butter
- 1 ct. lemon
- 2 Tbsp. hot sauce
- 2 Tbsp. chopped parsley, optional
- 2 Tsp. salt to taste

For the wings:

1. Add wings to a large bowl & pat wings dry (take your time to do this thoroughly – the drier they are the better)
2. Drizzle oil and sprinkle the lemon pepper seasoning, garlic powder and smoked paprika on the wings. Let marinade for at least 20 minutes
3. Using an air fryer? Fry using the machine's directions (average is 390F for about 15 minutes, flipping once).
4. Baking in an oven? Preheat oven to 400F. Place a wire rack on top of a baking sheet and spray the rack with non-stick spray. Line the baking sheet with aluminum foil to catch any drippings. Bake the wings on your lowest oven rack for 20 minutes. Flip the wings, then cook for the remaining 20 minutes on the highest oven rack.
5. Once cooked, toss them in the wing sauce below.

For the sauce:

1. Melt the butter in a large bowl. Juice the lemon, then zest a little bit of the peel into the sauce.
2. Stir in the hot sauce, chopped parsley, and salt to taste. Combine well.
3. Take the cooked, seasoning wings and toss in the wing sauce. Serve with fries, celery, and carrots. Enjoy!



<https://www.coinedcuisine.com/lemon-pepper-wet-wings-air-fried-or-baked/>

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://thatlowcarb.life.com/lemon-pepper-fish/>

Honey Garlic Lemon Pepper Chicken Thighs

For the Honey Garlic Lemon Pepper Sauce

- ½ cup honey
- 3 Tbsp. soy sauce
- 1 ½ Tbsp. minced garlic
- 1 Tbsp. freshly squeezed lemon
- 2 tsp. lemon pepper seasoning
- 1 tsp. garlic powder
- 1 large pinch crushed red pepper flakes more or less to taste

For the Chicken Thighs

- 6 medium bone-in, skin-on chicken thighs (approximately 3 pounds total)
 - Salt to taste
 - 1-2 Tbsp. neutral flavored oil (avocado oil, canola oil, etc.)
 - 1 medium lemon, thinly sliced
 - 1 Tbsp. butter at room temperature
1. Preheat oven to 375F. Adjust racks as needed as skillet will sit in center of oven.
 2. Add honey, soy sauce, minced garlic, 1 Tbsp. freshly squeezed lemon juice, lemon pepper seasoning, garlic powder and red pepper flakes to medium bowl. Whisk ingredients vigorously until mixture is smooth. Set sauce aside.
 3. Place chicken thighs on cutting board or plate. Pat chicken completely dry on all sides with paper towels. Season chicken generously on all side with salt. Set aside.
 4. Heat large skillet on stovetop over medium-high heat. When pan is warm, add 1-2 Tbsp. neutral-flavored oil and swirl pan to distribute oil across surface. Continue heating pan until oil is hot and shimmering.
 5. When oil is hot, place seasoned thighs skin-side down in skillet, being careful not to overcrowd pan. Cook chicken thighs 5 minutes, or until skin begins to crisp and turn gold, and skin releases easily from surface of skillet.
 6. Flip chicken thighs over and cook, skin-side up, 2 minutes more. After 2 minutes, carefully remove skillet from heat and drain all but 4 Tbsp. liquid from skillet.
 7. Place skillet on cool stovetop burner. Use tongs to carefully arrange thin slices of 1 medium lemon around and between chicken thighs. Once all lemon slices have been placed, pour prepared honey sauce into skillet, covering chicken thighs evenly.



8. Place skillet in preheated oven. Roast chicken thighs 9 minutes, then carefully remove skillet from oven and spoon sauce from skillet onto tops of chicken thighs, basting chicken thoroughly.
9. Return skillet to oven and roast chicken thighs 9 minutes more or until internal temperature of chicken thighs reaches 165F when checked with internal meat thermometer.
10. Once chicken reaches target temperature, carefully remove skillet from oven. Transfer roasted chicken thighs to large plate and set aside.
11. Return skillet to stovetop over medium heat. Bring sauce in skillet to gently boil, then immediately reduce heat to medium-low. Simmer, uncovered, 5 minutes or until sauce has thickened enough to coat back of spoon.
12. Remove skillet from heat and let sauce cool slightly. Add 1 Tbsp. butter (at room temperature) and whisk until butter is fully incorporated into sauce.
13. Return chicken thighs to skillet, skin-side up, and spoon sauce over tops of chicken thighs. Serve chicken thighs warm with thin lemon slices and additional sauce over a bed of cooked rice if desired.

<https://40aprons.com/honey-garlic-lemon-pepper-chicken-thighs/>

Roasted Lemon Pepper Zucchini (4 servings)

- 2 medium Zucchini about 1.5-2 pounds
 - 2 Tbsp. olive oil
 - 2 tsp. lemon pepper seasoning
 - ¾ cup grated Parmesan cheese
1. Preheat oven to 450F. Keep the rack on upper one third of the oven.
 2. Clean and pat dry zucchini. Cut ½ inch round slices. If the rounds are too big, cut each slice into half.
 3. In a bowl toss zucchini slices with olive oil.
 4. Add lemon pepper seasoning and ½ cup finely grated Parmesan cheese (reserve remaining cheese to use later). Toss everything well.
 5. In a large baking sheet arrange the zucchini slices spaced a little apart. Don't over crowd the pan. Divide into 2 sheets if required.
 6. Sprinkle the rest of the grated Parmesan on top.
 7. Bake for 5 minutes. Then broil for 2-3 minutes more or until you see small brown spots on the zucchini slices.
 8. Zucchini slices would be just cooked through yet will have a bite to it.



<https://theflavoursofkitchen.com/roasted-lemon-pepper-zucchini/>

Lemon Pepper Potatoes (Greek) 6 servings

- 2 pounds Yukon gold potatoes, quartered
- 2 Tbsp. oil
- 2 Tbsp. lemon pepper seasoning
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. parsley flakes



1. Preheat the oven to 400F and line a baking sheet with foil. Spray foil with a nonstick cooking spray and set aside.
2. Wash and cut potatoes into quarters. Try to cut each potato into similar size pieces for even cooking.
3. In a large bowl, add in potatoes and oil. Toss to coat evenly with oil and then sprinkle with seasonings. Mix well to coat evenly.
4. Place potatoes into the prepared baking sheet and spread out into a single layer.
5. Bake in the preheated oven for 40-45 minutes, or until tender, turning over halfway through cooking.

<https://www.greatgrubdelicioustreats.com/lemon-pepper-potatoes-oven-roasted/>

Delicious Lemon Pepper Pork Chops

- 2 pork chops, bone or not
- 1 tsp. lemon pepper seasoning
- ½ tsp. red cayenne (optional)
- ½ cup sliced onion
- 1 tsp. Worchester sauce
- 2 Tbsp. butter



1. Preheat oven to 375F
2. In baking dish, evenly spread 1 Tbsp. of oil then add 1 Tbsp. of butter. Season chops with lemon pepper and cayenne, place in dish.
3. Top chops with 1 Tbsp. of oil and 1 Tbsp. butter. Top with Worchester, add sliced onions.
4. Cover well with foil. Make sure the foil is not loose. Bake for 45-50 minutes.
5. Serve with rice, baked potato, or whatever. Goes well with any side favorite.
6. NOTE: When the chops are done – make a gravy. Heat a pan on medium heat for about 5 minutes. Add 2 Tbsp. of oil and 2 Tbsp. of flour. Add juice from pork chops and add 2 cups of broth. Whisk all together and turn heat down to low. If gravy is too thin, mix flour and water (equal parts) in small bowl and whisk into pan until it is thick enough.

<https://cookpad.com/us/recipes/452518-delicious-lemon-pepper-pork-chops>

Library Resources

The Complete Modern Pantry by America's Test Kitchen – 641.3 AME

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Herbs & Spices by Jillian Norman – 641.6383 NOR

The Love of Lemons Cookbook by Jeanine Donofrio – 641.523 DON

Mastering Spice by Lior Lev Sercarz – 641.6383 SER

Milk Street: The World in a Skillet by Christopher Kimball – 641.5918 KIM

More Mediterranean by America's Test Kitchen – 641.5918 AME

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

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