

*The Art of Flavour*The Epicurean Post  
*Lemon Zest or Lemon Juice*

Hi everyone

Our Reader, John W. Launceston, Tasmania makes the point that maybe we are a bit generic with lemon juice when publishing our recipes.

He questions why we do not propose lemon zest when clearly the overly acidic addition of lemon juice would not suit the dish. John added that he thought Lemon Zest was often the magic in recipes, bringing the essential oils of pure lemon to the dish without being overly acidic.  
  
Think about pasta. Bright lifting flavour is an essential and lemon zest hits the mark, whereas sharp, highly citric lemon juice would overwhelm many ingredients. There is a place for lemon juice of course. Many dishes call for tartness. Typically, when added to a steak before serving and lovely when added to BBQ meats just off the grill.

Even better, roasted vegetables with lemon juice added before serving works perfectly and grilled or pan-fried fish is a natural for lemon juice.  
The trick is to know how much of either lemon zest or lemon juice your recipe needs. This is not a science. It is the art of flavour for you to perfect.  
  
Take care everybody  
Arthur Huxley

The secret of making your  
own Chinese Five Spice  
Seasoning – Salt Free

You will need  
3 x Tablespoons Star Anise - freshly ground  
1 x Tablespoon Cinnamon - ground  
2 x Tablespoons Fennel seeds - ground  
1 x Tablespoon Szechuan or Black Pepper - ground  
2 x Teaspoons Cloves - ground  
1 x Pinch nutmeg - optional  
Experiment and adjust any of the above to your taste

A Legendary *Salt Free* Seasoning

Chinese Five Spice is a legendary seasoning with amazing flavours when rubbed onto chicken or vegetables before roasting, as a marinade for pork and best of all, for your favourite stir fry.  
  
If you are ordering the spices we will toast and grind the spices prior to delivery for maximum freshness. This is important.  
  
Should you order the ingredients whole your coffee grinder would work after you have briefly toasted the seeds.

But best to wash away the coffee notes before grinding !

To order the Spices for Chinese Five Spice Seasoning

Click:

<https://www.spiceroadspices.com.au/spices>

Recipe  
*A Chinese Five Spice Salt Free Marinade for Chicken, Pork or Roasted Vegetables*

Click:

<https://www.spiceroadspices.com.au/recipes/a-marinade-for-chinese-five-spice-chicken>