

Did you know...

Lemon pepper seasoning is a delicious blend that can be sprinkled and used on many dishes. Lemon pepper is typically made with a mix of lemon zest and black pepper, and can sometimes feature other spices such as garlic powder, onion powder, or salt.

Lemon pepper seasoning was first launched as a product in 1967, but it is likely people around the world were combining the flavours long before that.

Lemon pepper is a popular addition to chicken or fish, but can also be incorporated into pasta dishes and roasted vegetables as well.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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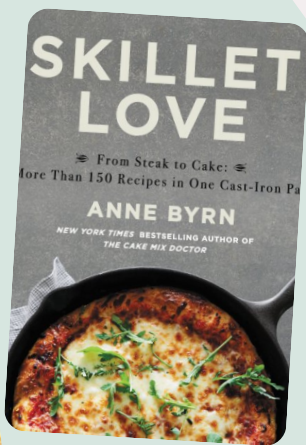
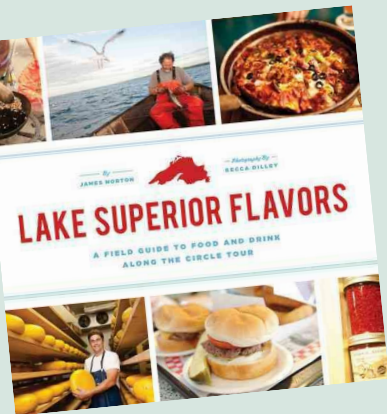


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Spice Club



August 2023
Spice of the Month:
Lemon Pepper



Directions:

- Cut the chicken breasts in half lengthwise so you have 4 thinner pieces. Sprinkle them with salt (some lemon pepper blends contain salt so don't go overboard).
- Add the oil and 1 tbsp. of the butter to a skillet over medium-high heat.
- Sear the chicken for 4-5 minutes/side, then transfer to a plate.
- Add the remaining butter to the pan and let it melt, then add in the garlic and sprinkle the flour in. Let it cook for about 30 seconds to 1 minute.
- Add the broth, cream, and lemon pepper to the skillet. Whisk it for a minute or so until the flour dissolves.
- Add the chicken back to the pan (and any juices from the plate), and let it cook for another 4-5 minutes or until the chicken has cooked through (165 degrees F) and the sauce has thickened a bit. You want the sauce to be bubbling, but not at a hard boil. Season with extra salt & pepper if needed and serve immediately.

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Roasted Cauliflower with Lemon Pepper and Thyme

Ingredients

- 1 whole head cauliflower
- 3 tbsp. olive oil
- 2 tbsp. fresh chopped thyme
- 2 tsp. lemon pepper

For the Sauce

- 1/4 cup dijon mustard
- 1/4 cup honey
- 1/4 cup fresh lemon juice
- 1 pinch salt
- 1/4 tsp. black pepper
- 1 tsp. fresh chopped thyme
- 1/4 cup extra virgin olive oil

Directions:

- Preheat the oven to 400 degrees F.
- Roughly break the cauliflower into florets of all sizes and transfer to a large bowl.
- Add the olive oil, thyme and seasoning and toss well to coat
- Spread the cauliflower out on a sheet pan and bake in the oven for about 35-40 minutes turning it over halfway through cooking.
- While the cauliflower is roasting, place all of the sauce ingredients into a blender except the olive oil and pulse to mix.
- With the blender on medium, slowly add the olive oil until emulsified.
- Serve the cauliflower drizzled with the mustard sauce or on the side.

