

SQUEAKY CLEAN.

Not stinky clean.

You have to clean, so why not make the very best of it? Mrs. Meyer's Clean Day® household cleaners are made with **plant-derived** ingredients and essential oils that are **POWERFUL** against dirt and grime, but leave your home smelling like a garden, not a hospital. If there was a more pleasant way to get the same amount of clean, why wouldn't you? Learn more at [MRSMEYERS.COM](https://www.mrmsmeyers.com)



LAVENDER BASIL GERANIUM LEMON VERBENA

JUICED

May 2020

* The Citrusy Secret to Baking

Grandma's recipes
definitely don't
tell you about this
wow factor ingredient

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* A Spicy Summer Spritz

Add some kick
to your summer fun
with a cocktail
that's sure to
spice up the party

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Photograph by Bruna Branco

For most folks, “essential oils” probably refer to the stuff included in face masks and lotions that make them cost a whole lot of money. You know, oils extracted from a rare tree root or some weed that only grows on one specific hill in Denmark. Something that is, by definition, not essential to our existence as human beings.

But if you’re the type of person who gravitates more towards baked goods than moisturizer, we’ve got an actually essential oil for you, one that will make almost every baked good

you can imagine better:
lemon
oil.

The Better Baking Oil

Add a fresh citrusy twist to your favorite baked goods

By Alex Delany

Photographs by Annie Spratt
and Brooke Cagle



And while that might sound exotic, you've probably got some in your fridge right now and don't even know it. Allow us to explain.

Lemon oil is the aromatic stuff that lives in the peel (or "zest") of a lemon. Ever seen a bartender twist a citrus peel above a cocktail? That's because they're trying to release the oils—and if you look closely, you can even see the tiny droplets of oil fly through the air. The flavor you get from that lemon oil is intensely, complexly lemony, but doesn't have the same brash tartness that the juice of the fruit has. The best part? If you're already buying lemons to use for juice, all the gloriously fragrant lemon oil trapped in those peels is a freebie—you just have to figure out how to access it, and then use it to its full potential. And if there's one no-brainer way to do that, it's to make lemon sugar, and use that lemon sugar in just about any baked good you can think of. Here's how.

The basic maneuver is to zest lemons—ideally with a Micro-

A close-up photograph of a single, long, thin strip of lemon zest, showing its bright yellow color and textured surface.

plane or other sharp, fine-toothed grater—add the zest to sugar, and massage the sugar. That's it. Two ingredients. Minimal work.

As a general rule, we'll keep the ratio of lemon zest to sugar at 1 Tbsp. lemon zest to every 1 cup sugar. You don't want the lemon to overpower the sugar or change the texture too drastically. (That said, even a small amount of zest is worth using.) Once you zest about two lemons to get 2 Tbsp., dump it into 2 cups of sugar (these amounts can change based on whatever your recipe calls for or you want to have leftovers) and use your hands (washed and dried, of course) to massage the sugar and zest for a minute or so. This is where the oils really get released. Macerating the zest into the sugar draws all of those delicious oils out so that they are absorbed into the sugar, and the texture of the sugar will change, moving from sand-like to wet-sand-like. And there you have it folks: sweet, fragrant lemon sugar.

So what can you use it in? Short answer: basically everything. Longer, more useful answer: basically everything that makes

sense with lemon. You can use this infused lemon sugar as a sub for regular sugar in whatever you're baking, just as long as a bit if bright citrus goes well with the other flavors. If the cake, cookie, muffin, scone, or pastry you're making involves fruit, you're in the clear.

Remember: This stuff is essentially free, and not exclusive to lemons, either. You can

A photograph showing a pile of several long, thin strips of lemon zest, similar to the one in the previous image, but more numerous and slightly more disorganized.

from lime to grapefruit and get cool results, though the ratio of zest to sugar may vary from citrus to citrus. Every piece of citrus comes with oil, and since you're already paying for it, you may as well use it—just a little bonus that someone at the citrus factory threw in there for you. How nice. Make sure to write that nameless hero a letter. Or send a gift basket. Probably one without citrus in it—they've got that on lock.

A photograph of a lemon branch with several large, vibrant green leaves. The branch is dark brown and has a few small, unopened flower buds at the tip.



*When life gives you
limes and oranges,
make*

Photograph by Sarah Gualtieri

SPICY CITRUS REFRESHER RECIPE

Recipe by Anna Stockwell And Sohla El-Waylly

Makes 10-12 servings

This big batch of jalapeño-spiced orange-lime juice keeps in the fridge for a couple of days. Pour over ice and top with seltzer for a refreshing alcohol-free pick-me-up, or stir in a splash of rum.

INGREDIENTS RECIPE PREPARATION

4 limes	Juice limes and 6 oranges into a large pitcher. (You should have about $\frac{3}{4}$ cup lime juice and $1\frac{1}{4}$ cups orange juice.) Discard lime rinds and half of the orange rinds.
7 navel oranges, divided	Cut remaining orange rinds into quarters and place in a large saucepan.
2 small jalapeños, divided	Coarsely chop 1 jalapeño and add to orange rinds along with sugar and salt. Using a muddler or dowel-style rolling pin, muddle rinds until thoroughly smooshed and much of the sugar and salt is dissolved, about 3 minutes. Stir in 1 cup warm water and let sit at least 10 minutes and up to 1 hour.
1 cup sugar	Strain orange mixture through a fine-mesh sieve into pitcher with juice, gently pressing with a spoon to extract as much liquid as possible; discard solids. Thinly slice remaining orange and add to pitcher. Remove seeds from remaining jalapeño; thinly slice into rounds and add to pitcher.
$\frac{1}{2}$ tsp. kosher salt	
12 oz. white rum (optional)	
Club soda (for serving)	To serve, pour 2 oz. juice mixture and 1 oz. rum, if using, into an ice-filled glass. Top off with club soda; stir to combine.

Do Ahead: Juice mixture can be made 2 days ahead. Cover and chill.