

Limes



Selecting

The lime is a green shaded citrus fruit valued for its juice and rind which are used predominantly for flavouring foods and beverages. The most common variety found in supermarkets are from Florida or California.

“Key” limes are another variety that are very small and round and have more seeds than the common variety.

Select limes that are dark green, firm and glossy. Look for ones with thin skins because they have less flesh and more juice.

Storing

Limes are perishable and should be stored in a sealed plastic bag in the refrigerator. Stored this way, they will last up to 6 weeks. You can also juice limes and freeze the juice in an ice cube tray. Once frozen, store the lime cubes in a plastic bag in the freezer.

Preparing

Limes are like lemons and are used for their juices and rinds. To extract the most amount of juice from the lime, heat it on high in the microwave for 20-30 seconds and then

press firmly on the lime and roll it under your palm on the countertop to soften and make it easier to extract the juice.

Juicing the lime can easily be done by cutting it in half and twisting a fork in the middle of the flesh.

The rind or zest of the lime is full of flavour. The top green layer can be removed easily with a micro plane, a zester or a fine hand grater. Be careful not to remove any of the bitter white pith when grating the zest.

Limes are a common ingredient in Mexican, Vietnamese and Thai dishes.

Seasonality

Limes are available throughout the year.

Nutrition

Limes are a good source of Vitamin C.



Here is a recipe for Thai Chicken Salad that gets some great tangy flavour from fresh lime juice:

www.halfyourplate.ca/recipe/thai-chicken-salad/

