



Seasoning with Lemon Pepper

You really can't go wrong experimenting with lemon pepper, but here are some ideas to get you started:

- Sprinkle on pizza.
- Rub on seafood, tofu, meat or poultry before grilling or broiling.
- Add to muffins or popovers.
- Shake on green salads.
- Add to marinades.
- Add to baked, roasted, or mashed potatoes, or potato casseroles.
- Use to season stir-fries.
- Toss with cooked pasta.
- Add to side salads, such as tuna, chicken, tofu, or potato.
- Use to season stuffing for mushrooms or squash.
- Shake on steamed, buttered (if desired) vegetables, such as asparagus, corn, green beans, and baby onions.
- Use to make herb butter; simply add to softened butter.
- Add to sauces or gravies for meats, pasta, or vegetables.
- Use to season breadsticks or other breads.
- Sprinkle on any grain or bean dish.
- Add to soups and stews.
- Add to scrambled eggs, omelets, frittatas, and deviled eggs.



notes from the field

Location: *Western Ghats, India*
 Product Sourced: *Organic Black Pepper*
 The Story: *Our hunt for premium quality organic pepper led us on a treacherous 2 1/2-hour Jeep ride. We were winding up a single lane trail into the mountains along the Malabar Coast - the region of India famous for its pepper. And the farming community we arrived at made it worth the trip. These tribal farmers harvest small plots of less than 1 hectare each. Their large, flavorful Tellicherry peppercorns are renowned as the best in the world.*



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Calculations based on research by Environmental Defense and other members of the Paper Task Force.

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Lemon Pepper

Recipes for...

- » Potato Pepper Pancakes
- » Lemon Pepper Pasta
- » Parmesan Pepper Focaccia

... and more!



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Q&A

What's the difference between black, white, and green peppercorns?



All three come from the *Piper nigrum* plant. When the berries are picked fully ripe and then husked and dried, the result is white pepper. When unripe green berries are harvested and dried in the sun, they become black peppercorns. Green peppercorns are simply picked before ripening and then preserved.

By the way, pink peppercorns aren't really peppers. They're the dried ripe berries of the *Schinus terebinthifolius* plant.

Can I make my own lemon pepper?

Sure. Lemon pepper blends are convenient, but by making your own you can customize your blend using more or less of each seasoning.

To make lemon pepper using fresh lemon, combine lemon zest with black peppercorns and grind in a mortar and pestle. Use your blend fresh or dry it in a dehydrator or in an oven on low.

To use dried ingredients, combine dried lemon peel with black pepper.

Try adding other ingredients to your blend, such as garlic and onion granules. Or spice up your blend with a little cayenne pepper. You might even experiment with green or white peppercorns in addition to the black.



For more tips and recipes for lemon pepper, visit www.frontiercoop.com.

In a brilliant stroke of fusion cooking,

someone thought of blending the fresh tang of lemon with a spicy hit of black peppercorns. The resulting combination is surprisingly versatile. Add lemon pepper to poultry, seafood, pasta, tofu, and egg dishes. Use it in meat marinades and baked goods. Shake it on at the grill or at the table, on cooked or raw foods. It's an easy way to instantly enhance just about any savory dish!

Frontier sells zesty lemon and lively pepper combined with onion and garlic in one convenient blend.



Potato Pepper Pancakes

Lemon pepper enhances all kinds of potato dishes. Here, leftover mashed potatoes are put to excellent use! Serve them with horseradish sauce, or sour cream, or homemade catsup.

- 2-3 tablespoons olive oil divided
- 1 cup sliced onions
- 1 teaspoon rosemary
- 2 cups mashed potatoes
- 1/2 teaspoon sea salt
- 1 teaspoon lemon pepper
- 1 cup bread crumbs

Heat 1 tablespoon of olive oil in a large skillet. Sauté onions until lightly browned. Add rosemary and stir for one minute. In a large bowl, combine potatoes, onions, sea salt, and lemon pepper. Form into patties and cover with breadcrumbs. (Place crumbs in a shallow bowl and lay the patties in the breadcrumbs, turning gently to cover.) Heat remaining olive oil in skillet. Cook patties in hot oil until crispy brown on each side, turning once. Serves 4 to 6.

Mushroom Frittata

Here's a quickly prepared dinner that looks special. Feel free to substitute other veggies for the mushrooms, peppers, and onions, and other cheeses for the Gruyere (goat cheese would be scrumptious).



- 1 tablespoon butter
- 1/2 cup sliced red onion
- 1 cup sliced red bell pepper
- 2 cups sliced mushrooms
- 2 large eggs
- 4 large egg whites
- 1/2 teaspoon lemon pepper
- 1 teaspoon oregano
- 1/4 teaspoon sea salt
- 1/2 cup grated Gruyere cheese

Preheat broiler. Heat butter in a large ovenproof skillet (cast iron works well) and sauté onion until lightly browned and soft, about 3 minutes. Add pepper and mushrooms and cook, stirring often, until tender, about 5 minutes. In a bowl, beat together eggs and seasonings. Pour into the mushroom mixture. Sprinkle with cheese. Cook over low heat until almost set. Place pan in oven and broil until top is done. (Watch carefully; this usually takes only a minute!) Cut in wedges to serve. Makes 4 to 6 servings.

Parmesan Pepper Focaccia

Serve wedges of this focaccia alongside any soup. Or slice it for sandwiches (include fresh mozzarella and just-picked tomatoes!). Use more or less sea salt and lemon pepper, depending on your taste.



- 2 teaspoons sugar
- 1 1/2 teaspoons active dry yeast
- 1 cup warm water
- 4 tablespoons olive oil, divided
- 3 cups unbleached white flour
- 1 teaspoon sea salt
- 1 teaspoon lemon pepper
- 1/2 cup Parmesan cheese

Stir sugar and yeast into warm water. Let sit about 10 minutes. Stir in 3 tablespoons of the olive oil. Add the flour, one cup at a time. Knead for about 2 minutes. Place dough in a lightly oiled bowl and cover with a clean cloth. Let rise until doubled, about an hour. Preheat oven to 400 degrees. Knead the dough for about one minute. Flatten onto an oiled, 12-inch round baking pan. Make indentations in the top of the dough with your finger. Brush with remaining olive oil. Sprinkle with sea salt and lemon pepper. Dust with Parmesan cheese. Bake for about 20 minutes, until done on the bottom and lightly browned on top. Makes 6 to 8 servings.

Lemon Pepper Pasta

Once your pasta is cooked, this is a one-bowl dish (choose a nice one and use it as your serving dish, too). Serve with a robust red wine.



- 1/2 cup sundried tomatoes
- 12 ounces bowtie pasta, cooked and drained
- 4 tablespoons olive oil
- 1/2 teaspoon garlic granules
- 1 tablespoon parsley
- 1/2 teaspoon sea salt
- 1/2 teaspoon lemon pepper
- 1 teaspoon basil
- 6 ounces feta cheese, crumbled

In a large bowl, pour boiling water over sundried tomatoes (to cover) and let sit about 15 minutes. Drain. Add pasta, olive oil, garlic, parsley, sea salt, lemon pepper, basil, and feta. Toss and serve. Makes 4 to 6 servings.