



# LIME

Photography by T. J. Hine | Styling and Recipes by Lisa Bishop

# LIME

## T. J. HINE

T. J. has been creating dynamic photo images for his commercial clientele for more than 20 years. His customer base includes consumer product companies, restaurants, and food distributors, as well as cookbook and magazine publishers. His photographs appear on award-winning packaging and magazines.

A native of upstate New York, T. J. has a Master of Fine Arts degree from Edinboro University in Pennsylvania. He opened his 3,000-sq-ft photo studio in Chicago in 1984 to follow his passion for food and beverage photography.

T. J. lives in a 115-year-old Victorian home in Chicago's Old Irving Park neighborhood with his wife Claudia and a rescued mutt named Banjo. When he's not shooting, T. J. enjoys skydiving and golf. He's a board member of Chicago Creative Coalition and an active volunteer in the Old Irving Park Assn.

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## LISA BISHOP

Lisa has enjoyed playing with her food since childhood. What began as simple bread balls made surreptitiously under the dinner table (so as not to anger her father!) developed into a career. She has been a food stylist and recipe developer in the Chicago area for more than 20 years.

Lisa studied architecture and design until her senior year of college, when to the dismay of her parents, she switched her major and began again. She received a Bachelor of Science degree in Food Science from Iowa State University and began a freelance career that combines her design skills and food knowledge.

She lives in the suburbs with her recipe testers, Mike, Madison, and Tucker. When she's not styling, Lisa enjoys volunteering, building, travel, cooking, and gardening.

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# LIME



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### BLOODY MARY

- 2 ounces vodka
- 4 ounces tomato juice
- Juice of half a lime
- ½ teaspoon Worcestershire® sauce
- 3 to 4 drops Tabasco® hot sauce
- Salt and pepper, to taste

In a shaker filled with crushed ice, shake all ingredients. Strain over a tall glass of ice and garnish as desired.

# Mexico



## HUEVOS RANCHEROS PICANTE

Makes 4 servings

*'Ranch eggs' or country-style eggs are a Mexican classic. This dish traditionally was served as a large mid-morning breakfast to rural farm workers who started the day with a much smaller breakfast at dawn. This modernized version sports the tang of lime, heirloom tomatoes, and the heat of chipotle peppers.*

- 2 cups diced red, yellow, and orange heirloom tomatoes
- 1 small onion, diced
- 1 clove garlic, minced
- 2 tablespoons lime juice
- 1 chipotle pepper in adobo sauce, finely diced
- 1 tablespoon adobo sauce
- ½ teaspoon kosher salt
- 1 teaspoon cracked pink peppercorns
- 1 tablespoon oil
- 4 corn tortillas
- 4 eggs
- Butter, optional

In a medium bowl, gently toss together tomatoes, onion, garlic, lime juice, chipotle pepper, adobo sauce, salt, and pepper; set aside.

Heat oil in a skillet over medium heat. Add a tortilla and cook for 10 to 15 seconds per side to soften and crisp; repeat with remaining tortillas; keep warm. Using additional oil or butter, cook eggs sunny-side up or over-easy.

Place a warm tortilla on a plate, top with egg, and smother with salsa, adding additional salt and pepper, if desired. Repeat with remaining tortillas.





# Thailand



## CURRIED PORK SATAY

Makes 4 appetizer portions

*For classic satay, seasoned chunks or slices of meat are placed on bamboo skewers and grilled or barbequed. This rendition packs the punch of curry, crushed red chilies, and lime.*

**¼ cup lime juice**

**2 tablespoons honey**

**1 teaspoon green or red curry paste**

**¼ teaspoon ground coriander**

**½ teaspoon crushed red chilies**

**1 pound very thinly sliced boneless pork**

**Bamboo skewers, soaked in water 30 minutes**

Whisk together lime juice, honey, curry paste, coriander, and red chilies. Place pork in a single layer in a shallow glass dish and cover with lime mixture. Cover and marinate at least 30 minutes or overnight.

Thread meat onto soaked skewers. Grill or broil 2 to 5 minutes, or until done, turning once. Serve hot with peanut dipping sauce and a traditional cucumber salad, if desired.

Available year-round, the common Persian or Tahiti lime is larger, less bitter, and has fewer seeds than the Key lime. Its origin is unknown, but it came to California from Tahiti in the mid-1800s.

Key limes are smaller and more tart than Persian limes and are available June through August. They have a higher acidity and thinner skin, but as they ripen from green to yellow, they become sweeter.

# Brazil



## AMAZON AÇAÍ MARGARITA

Makes 8 margaritas

*The açai berry is harvested from the Amazon rainforest of Brazil. It has been described as the perfect energy fruit, packed full of antioxidants, amino acids, and essential fatty acids.*

*The purple berry yields a flavorful juice tasting of berries and chocolate – a lively addition to a traditional margarita.*

**1 12-ounce can frozen limeade**

**1½ cups açai juice**

**3 cups tequila**

**1 cup triple sec**

Combine all ingredients in a pitcher, mix well,  
and pour over ice in a salt-rimmed glass.





# Spain



## GAZPACHO IBERIA

Makes 8 servings

*The term gazpacho describes a chilled soup, which many believe to be of Moorish descent. Refreshing on a hot summer day, this chunky version will delight.*

**3 cups diced tomatoes**

**$\frac{2}{3}$  cup diced onion**

**$\frac{1}{2}$  cup diced cucumber**

**$\frac{1}{2}$  cup each diced red, yellow, green, and orange pepper**

**2 cloves garlic, minced**

**$\frac{1}{4}$  cup lime juice**

**1 tablespoon olive oil**

**1 teaspoon ground cumin**

**1 teaspoon each sea salt and ground tellicherry pepper**

**3 cups firm country bread, torn into small pieces**

In a large bowl, combine all ingredients except bread; mix well. Add bread and toss to combine. Cover and refrigerate overnight for best flavor.

## WHITE SANGRIA

Makes 1 pitcher

**1 lime, chopped**

**1 lemon, chopped**

**1 orange, chopped**

**$\frac{1}{4}$  cup sugar**

**8 ounces brandy**

**8 ounces club soda**

**1 bottle white wine**

In a pitcher, combine lime, lemon, and orange. Sprinkle sugar over fruit, and add brandy.

Cover and refrigerate overnight. When ready to serve, add soda and wine, stir, and pour over ice in individual glasses.





# Jamaica



## JERK CHICKEN SANDWICH WITH JALAPEÑO LIME MAYONNAISE

Makes 4 sandwiches

*Early in the 16<sup>th</sup> century, Christopher Columbus described the way the Tainos (native inhabitants of Jamaica) preserved meat by adding peppers, allspice, and sea salt to make what is now known as Jamaican jerk spice. This sandwich captures the jerk flavor and adds Island flavors of mango and lime.*

### JALAPEÑO LIME MAYONNAISE

**1/3 cup mayonnaise**

**2 teaspoons minced jalapeño**

**2 tablespoons lime juice**

**1 teaspoon pepper**

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**1/4 cup each lime juice and orange juice**

**2 tablespoons olive oil**

**2 tablespoons honey**

**1 clove garlic, minced**

**1 tablespoon jerk seasoning**

**4 boneless, skinless chicken breasts**

**1 mango, peeled and sliced 1/4" thick**

**1 tablespoon butter, melted**

**4 sandwich rolls**

Whisk together Jalapeño Lime Mayonnaise ingredients until blended; cover and refrigerate.

In a reclosable bag, combine lime juice, orange juice, olive oil, honey, garlic, and jerk seasoning. Seal bag and mix well. Add chicken breasts and marinate at least 30 minutes.

Remove chicken breasts from marinade and sprinkle with additional jerk seasoning. Bake chicken breasts at 375°F for 15 to 20 minutes until fully cooked, or grill if desired. Meanwhile, brush mango slices with butter and sauté or grill until color deepens and they are crisp tender. To assemble sandwiches, spread mayonnaise on bottom bun and top with chicken breast and mango.

### DAIQUIRI

**Juice of 1 lime**

**1 teaspoon  
powdered sugar**

**2 ounces golden rum**

Pour 1 cup ice into a blender. Add lime juice, sugar, and rum and blend. Pour into a martini glass and garnish with a slice of lime.

# Japan



## SCALLOP SALAD WITH GINGER LIME WASABI DRESSING

Makes 4 servings

*Wasabi is sometimes called Japanese Horseradish because it has a similar fiery-hot flavor. This complex salad combines buttery rich jumbo scallops, a lime-infused red pepper relish, and a tangy ginger citrus dressing with the bite of wasabi.*

### GINGER LIME WASABI DRESSING

- ¼ cup each lime juice and orange juice
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon minced, fresh ginger
- ½ teaspoon wasabi paste, or to taste
- 1 tablespoon sesame oil
- ¼ cup olive oil
- Salt and pepper, to taste

To make dressing, whisk together all ingredients and refrigerate.

- 1 tablespoon olive oil
- 3 cloves garlic, coarsely chopped
- 1 red pepper, diced
- 1 teaspoon crushed red pepper
- 2 tablespoons lime juice
- ¼ cup sliced almonds, toasted
- Salt and pepper, to taste
- 2 tablespoons butter
- 12 large scallops
- 4 cups leafy and Asian greens

In a sauté pan, heat olive oil over high heat. Add garlic and red pepper; reduce heat and simmer 10 minutes. Add crushed red pepper and lime juice and simmer 10 minutes. Add almonds and simmer 5 minutes more. Season with salt and pepper; set aside.

Meanwhile, in a skillet, melt butter over high heat. Quickly sear scallops, reduce heat, and cook 2-3 minutes more until done.

Arrange lettuce greens on each of 4 salad plates. Top with scallops, sprinkle with red pepper mixture, and drizzle with Ginger Lime Wasabi dressing.





## MOJITO

- 2 large mint sprigs**
- 1 tablespoon sugar**
- Juice of 1 lime**
- 2 ounces rum**
- 4 ounces club soda**

Place 1 sprig of mint in the bottom of a tall “Collins” glass. Sprinkle with sugar, and muddle mint leaves to release flavor. Add lime juice and rum; stir. Top with club soda and garnish with remaining mint sprig.

# Cuba



## CHURRASCO MOJO

Makes 2 servings

*Cuban dishes are a fusion of Spanish, African, and Caribbean cooking styles. Churrasco refers to meat prepared on the grill. The profusion of garlic in this recipe mellows during grilling for a savory and succulent steak.*

- ¼ cup lime juice**
- ½ cup orange juice**
- ¼ cup oil**
- 6 cloves garlic, minced**
- 1 teaspoon cumin**
- 1 teaspoon cinnamon**
- ½ teaspoon crushed red pepper**
- 2 pounds skirt steak**

Whisk together lime juice, orange juice, oil, garlic, cumin, cinnamon, and red pepper. Place steak in a shallow glass dish and cover with lime mixture. Cover, refrigerate, and marinate at least 6 hours or overnight.

Grill over hot coals until desired doneness. Serve with fried plantain strips.





# France



## ASPARAGUS WITH LIME SHALLOT BUTTER

Makes 6 servings

*Shallots are native to Israel and the Mediterranean and were one of the foods that the Crusaders brought to Europe. The French grey shallot is called a griselle and is preferred to garlic and onion by many French chefs. This highly flavored compound butter, which balances rich shallots and tangy lime with the kick of ginger and smoked sea salt, is the perfect complement to tender asparagus shoots.*

**12 ounces asparagus, tough ends discarded**

**1 stick (½ cup) butter, softened and divided**

**4 shallots, chopped**

**Zest of 1 lime**

**Juice of 1 lime**

**1 tablespoon minced fresh ginger**

**¼ teaspoon smoked sea salt**

**Seeds from ¼ of a pomegranate**

In a small sauté pan, over medium-high heat, heat one tablespoon of butter. Sauté shallots until soft and fragrant, 3 to 5 minutes, cool. Combine shallots, remaining butter, lime zest and juice, ginger, and sea salt; set aside.

Steam or sauté asparagus until crisp tender. Top with dollops of Lime Shallot Butter and sprinkle with pomegranate seeds. Garnish with additional smoked sea salt, if desired.

**W**hen selecting limes, choose fruits that are

firm and feel heavy for their size, a sign that they are juicy. The skin should be thin, smooth, and bright green, although small brown spots won't affect the lime's flavor. Avoid shriveled limes and those that feel soft or have yellow skin.

Limes may be stored at room temperature out of direct sunlight, or they can be refrigerated in a plastic bag for up to 3 weeks.

Wash limes thoroughly before using for zest.



## LIME SORBET COOLER

**Lime sorbet**  
**Ginger ale or club soda**

Place 3 to 4 scoops of sorbet in a tall glass. Top with ginger ale or soda. Enjoy as a palate cleanser between courses or as a refreshing dessert float.

# Italy



## RISOTTO CON LIMETTA

Makes 8 servings

*Lime juice adds zest to traditional Italian risotto suffused with roasted red pepper, prosciutto, pine nuts and Parmesan.*

- 1 tablespoon olive oil**
- 1 tablespoon butter**
- 1½ cups uncooked Arborio rice**
- 3½ cups chicken broth, divided**
- 1 pinch saffron threads**
- ½ cup diced roasted red pepper**
- 2 scallions, sliced**
- 1 teaspoon black pepper**
- 3 slices prosciutto, thinly sliced**
- ¼ cup lime juice**
- ¼ cup toasted pine nuts**
- ½ cup shredded Parmesan**

In a 3-quart pan, heat olive oil and butter over medium heat. Add rice and stir continuously until edges of kernels are translucent, about 5 minutes. Add ½ cup broth, and stir until it is absorbed, about 3 minutes. Reduce heat to medium, and add another ½ cup broth, saffron, roasted red pepper, scallions, and pepper.

Cook until all liquid is absorbed, stirring frequently. Continue to add remaining broth, ½ cup at a time, cooking until liquid is absorbed each time. When all liquid has been added, mixture should be creamy and rice should be tender.

Meanwhile, cook prosciutto in a dry pan over medium-high heat, stirring until frizzled (crisp and curled), 3 to 5 minutes. Stir lime juice, pine nuts, and Parmesan into risotto. Top with frizzled prosciutto.



# United States



## KEY LIME TART

Makes 6 tarts

*The Floridian Key lime brings visions of white sand beaches and beautiful sunsets. The luscious pastry crust features tropical flavors of coconut, cardamom, and macadamia nuts to balance the tart lime filling.*

**2 cups flour**

**½ cup dark brown sugar**

**¼ cup shredded coconut**

**¼ cup chopped macadamias**

**1 teaspoon cardamom**

**¾ cup (1½ sticks) butter, melted**

**1 can sweetened condensed milk**

**3 eggs, separated**

**½ cup Key lime juice**

**½ cup powdered sugar**

Preheat oven to 350°F.

Combine flour, sugar, coconut, macadamias, and cardamom in a medium bowl; mix thoroughly. Drizzle butter over dry ingredients, tossing with a fork to combine.

Put about ½ cup flour mixture in each of 6 tart pans, and press firmly on bottom and up sides. Place tart pans on a cookie sheet, and bake for 10 minutes.

Press down any bubbles that may occur with the back of a spoon.

Meanwhile, whisk together sweetened condensed milk, 3 egg yolks, and Key lime juice.

Divide filling evenly amongst hot tart pans, and return to oven for 10 minutes more.

Beat 3 egg whites until frothy. Add a pinch of salt and powdered sugar and continue to beat until stiff, glossy peaks form. Pipe or spread on each tart and place under broiler

3 to 5 minutes, or until meringue is golden. Use a kitchen torch, if desired.

Cool before serving or chill.

It's unclear who created the first Key lime pie, but the invention of canned, sweetened condensed milk by Gail Borden in the mid-1850s contributed its second most important ingredient. Whether the pie should have a pastry crust or graham cracker crust is the source of endless debate.

Beware pies tinted green. Authentic Key lime pie filling should be light yellow.

In June 2006, Florida's legislature passed SB 676, making Key lime pie the state pie of Florida.

In 1965, Florida State Representative Bernie Papy Jr. introduced legislation that would levy a \$100 fine against anyone advertising Key lime pie that is not made with Key limes. The bill did not pass.



