

# Uses for Kaffir Limes

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Thinly-sliced, Kaffir limes are an excellent substitute for the kaffir lime leaves. Kaffir lime peel is also indispensable when making your own Thai curry paste.

Kaffir lime peel is loaded with a fragrant citrus oil, and the flavor of the fruit is overwhelming if eaten fresh. The kaffir lime tree is grown and harvested mainly for the leaves which are a staple in Thai cooking, but the tree doesn't produce many of these limes. As kaffir limes aren't eaten fresh, and there's limited use for them, our grower typically strips the trees of all fruit each year to promote growth of the leaves. This year however we kept fruit on a few trees and now it's been harvested. The fruit not only looks excellent but the culinary appeal is perfect: fragrant, strong citrus flavor. Put a slice of the bitter peel in your mouth and your lips get a tingling sensation of citrus unlike anything you've tasted. Kaffir lime peel in seafood recipes, and in cocktails.

Kaffir lime peel is used to make Thai curry paste, by pounding it together with other ingredients in a mortar and pestle. The nice thick, white fleshy peel is loaded with citrus flavor and aroma. A classic Thai dish that uses kaffir limes, whole, in soup is Khanom Jin. It's also used to make candy.

Kaffir limes are used extensively in aromatherapy. Some massage oils, natural shampoos, and various herbal products call for kaffir limes but the scarcity of this fruit makes it difficult to prepare authentic versions. For anyone who might be interested, please consider ordering now because the fruit is limited to what was harvested last week, and will not be available again until next year.

Each lime is approx 1.5" diameter (medium size) and weighs about 1 oz. A single kaffir lime goes a long way, and they also freeze well.

