

"Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties."

Trying a New Recipe: Preserved Lemons

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A friend recently gave me a large batch of fresh Meyer lemons. I usually juice and freeze them in individual ice cube trays, make some lemonade and lemon curd, and freeze the zest. I've been meaning to try two recipes for the first time: traditional preserved lemons and candied citrus peel. Now is the time. This month I'll share how I made the preserved lemons; next month will be the candied citrus peel.

I enjoy Middle Eastern food, but often times recipes call for preserved lemon. It's not something I can just run down to the supermarket to buy. It's easy to preserve lemons but it does take a couple of weeks-but there's no canning involved and they are supposed to keep well in the refrigerator. Here's a photo log of the process using a recipe from Ball. The final steps will be demonstrated at the May 4 and June 1 Amador/Calaveras Master Food Preserver classes.

Ingredients: 10 lemons

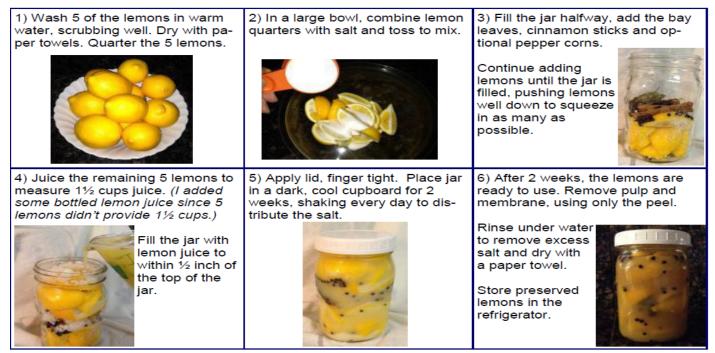
4 bay leaves

1 tsp whole black peppercorns (optional)

1/2 cup pickling or canning salt, divided 4 cinnamon sticks (each about 4 inches)

The traditional recipe calls for a butterfly cutting technique, but there's a variation using quartered lemons. I'm all for simplicity, so that's the route I chose.

The first thing I did was to sterilize a quart jar and lid.



Recipe from Ball Compete Book of Home Preserving, 2012 edition. Page 295. NOTE: Bay leaves, cinnamon sticks and peppercorns are optional

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