

## Preserved Lemon Recipes from UCCE\* Master Food Preservers

### Humboldt Botanical Garden

\* University of California Cooperative Extension

#### Chicken With Preserved Lemon And Green Olives

This is the absolute best-known way to eat preserved lemon, and for good reason. There are many recipes for chicken with preserved lemon and olives, but Claudia Roden's recipe from *Arabesque* (Knopf, 2005) is great for its sheer clarity and sure-footedness.



Makes 4 servings

3 tablespoons extra-virgin olive oil  
2 onions, grated or very finely chopped  
2 to 3 garlic cloves, crushed  
1/2 teaspoon crushed saffron threads or saffron powder  
1/4 to 1/2 teaspoon ground ginger  
1 chicken, cut up in 8 or 10 pieces  
Salt and black pepper  
Juice of 1/2 lemon  
2 tablespoons chopped coriander  
2 tablespoons chopped flat-leaf parsley  
Peel of 1 large or 2 small preserved lemons  
12 to 16 green olives

In a wide casserole or heavy-bottomed pan that can hold all the chicken pieces in one layer, heat the oil and put in the onions. Saute, stirring over low heat, until they soften, then stir in the garlic, saffron and ginger.

Put in the chicken pieces, season with salt and pepper, and pour in about 1 cup water. Simmer, covered, turning the pieces over a few times and adding a little more water if it becomes too dry. Lift out the breasts after about 15 minutes and put them to one side. Continue to cook the remaining pieces for another 25 minutes or so, after which time return the breasts to the pan.

Stir into the sauce the lemon juice, the chopped coriander and parsley, the preserved lemon peel cut into quarters or strips, and the olives. Simmer uncovered for 5 to 10 minutes, until the reduced sauce is thick and unctuous. If there is too much liquid, lift out the chicken pieces and set aside while you reduce the sauce further, then return the chicken to the pan and heat through.

Present the chicken on a serving dish with the olives and lemon peel on top of the meat.

## Root Vegetable Couscous With Preserved Lemon

This recipe, you can find in Yotam Ottolenghi's [Plenty](#) (Chronicle, 2010), under the name "Ultimate Winter Couscous."



Makes 4 servings (or more)

2 medium carrots, peeled and cut into 3/4-inch chunks

2 medium parsnips, peeled and cut into 3/4-inch chunks

8 shallots, peeled

2 cinnamon sticks

4 star anise

3 bay leaves

5 tablespoons olive oil

1 1/4 teaspoon salt

1/2 teaspoon ground ginger

1/4 teaspoon ground turmeric

1/4 teaspoon hot paprika

1/4 teaspoon chili flakes

2 1/2 cups cubed pumpkin or butternut squash (from a 10-ounce squash)

1/2 cup dried apricots, roughly chopped

1 cup chickpeas (canned or freshly cooked)

1 1/2 cups chickpea cooking liquid and/or water

1 cup couscous

Large pinch saffron

1 cup boiling vegetable stock  
3 tablespoons butter, broken into pieces  
2 tablespoons harissa  
1 ounce preserved lemon, finely chopped  
2 cups cilantro leaves  
Preheat the oven to 375 degrees.

Place the carrots, parsnips and shallots in a large ovenproof dish. Add the cinnamon sticks, star anise, bay leaves, 4 tablespoons of the oil, 3/4 teaspoon of salt and all the other spices and mix well. Place in the oven and cook for 15 minutes.

Add the pumpkin, stir and return to the oven. Continue cooking for about 35 minutes, by which time the vegetables should have softened while retaining a bite. Now add the dried apricots and the chickpeas with their cooking liquid and/or water. Return to the oven and cook for another 10 minutes, or until hot.

About 15 minutes before the vegetables are ready, put the couscous in a large heatproof bowl with the remaining 1 tablespoon olive oil, the saffron and remaining 1/2 teaspoon salt. Pour the boiling stock over the couscous. Cover the bowl with plastic wrap and leave for about 10 minutes. Then add the butter and fluff up the couscous with a fork until the butter melts in. Cover again and leave somewhere warm.

To serve, spoon couscous into a deep plate or bowl. Stir the harissa and preserved lemon into the vegetables; taste and add salt if needed. Spoon the vegetables onto the center of the couscous. Finish with plenty of cilantro leaves.

## Preserved Lemon Vinaigrette

The original recipe is in the pages of *Hot and Hot Fish Club*, a Southern cookbook published by Perseus in 2009. It is perfect to drizzle thickly over a batch of crisp roast potatoes.



Makes 1/2 cup dressing

1/4 of a whole preserved lemon peel

1 teaspoon very finely minced or grated shallot

2 tablespoons finely chopped parsley

2 tablespoons finely chopped chives

2 tablespoons finely chopped thyme

1/4 cup olive oil

1/4 cup lemon juice

If the lemon peel is thin, simply mince it as finely as you can. If it's thick, divide the lemon peel quarter lengthwise and set each half peel-side down on the cutting board. Steadying the peel by flattening it with the tips of your fingertips, carefully make a lateral slice between the pith and peel and work your way across until you've removed a layer of soft pith. Repeat with the other half, and then you can mince the peels with ease.

Combine the preserved lemon with the other ingredients and give them a good whisk. You may not need to salt at all, given the saltiness of the lemon peel. Use at room temperature

## **Preserved Lemon Hummus**

Makes about 2 cups, from MFP Chris Lewis

- 1 preserved lemon, rinsed under cold water, pulp and rind roughly chopped
- 1/2 cup sesame tahini
- 2 tablespoons miso paste
- 2 cloves garlic, peeled
- 1/4 teaspoon cayenne pepper
- 4 tablespoons olive oil
- 1 16-ounce can chickpeas (keep the liquid)

Combine the lemon, tahini, miso, garlic, cayenne, olive oil, chickpeas, and 4 tablespoons of chickpea liquid in a blender or food processor. Blend until smooth. Add more chickpea liquid if necessary to get to a good, silky consistency. I predict you will taste this to see that it is the right consistency, and then you will eat most of it out of the blender. This is that kind of hummus.

## Lemon Garlic Pasta - For Preserved Lemon Demo

### Garlic:

Take one, two, three or three hundred heads of garlic..divide them into cloves and cut the hard ends off of them. Put put them in parchment paper or aluminum foil with a little olive oil drizzled over them, salt, and thyme if you have it. Shape the foil so the opening is up (just in case it dribbles out), and bake (you can do this way earlier, like even the day before if you have something else cooking in the oven). Bake at 350 for 45 min (or lower temp a little longer, it really doesn't matter as long as the garlic is soft when its done). When cool enough to handle, squeeze the garlic out of the paper casings.



### Lemon:

Preserved lemon is super easy to make. Just use organic Meyers lemons since you will ultimately be eating the peel. Cut whole lemons into 1/6ths (long ways) but don't cut all the way through so the pieces hang together by a piece of skin at the end. Use Kosher or canning salt, salt the inside of the pieces thoroughly, put in a jar, shake every day for 3 days, then put in fridge for at least 6 months. Voila!

For the pasta recipe, pull out 1-1.5 preserved lemons, pull out and toss the pulp, keeping the skins. No need to rinse since this is your primary salt source for the recipe. Chop fine, put in small pot with roasted garlic and 2-4 Tbl butter. Cook on med heat until bubbly and blended, it only takes a couple of minutes. Cook pasta and toss with lemon garlic butter paste – and EAT!

# Award Winning Tuna Mac and Cheese

12 oz macaroni type pasta  
Salt  
3 Tbl Olive Oil

16 oz albacore tuna canned (home canned preferred)  
½ cup finely chopped herbs of your choice  
½ cup finely chopped onion or scallions  
1/3 cup dijon or whole grain mustard or mixed  
1 small rib celery  
1 whole preserved lemon finely chopped  
freshly ground black pepper

4 Tablespoons butter  
3 tablespoons flour  
2.5 cups whole milk  
2 cups grated cheese like cheddar or Mexican blend

1.5 cups panko  
4 Tablespoons butter

Cook pasta al dente (you are going to bake it so you don't want to overcook it here). Drain and add olive oil and toss.

In a large bowl – flake tuna, add herbs, onions, mustard, celery, preserved lemon, salt and pepper to taste (you want it on the salty side - when you add pasta and cheese sauce it will even out). Add pasta and combine.

In a saucepan melt 4 tablespoons butter, add flour and cook 1 minute. Whisk in milk – cook until coats the back of a spoon. Whisk in cheese. Add this mixture to the large bowl. Stir to combine.

Pour all of this into a large casserole dish.

Put remaining 4 tablespoons butter into a frying pan, melt, add panko and toast. Top the casserole with this mixture. Bake 400 until golden and hot through. 30-45 minutes.

With this recipe I won a Mac and Cheese contest! Albacore tuna is really important in Humboldt – every year people go to the docks and meet fishermen who sell their fish right off their boats. During El Nino years when the warm current is just offshore, sports fishermen can catch tuna as close as 12 miles out. Canning tuna is a tradition that is passed down to the next generation – large groups of people get together to can hundreds of pounds of tuna. I usually can about 50 lbs of tuna every other year. We have our favorite fishermen who flash freeze it on board at -40 degrees F. It is considered sushi grade – and is delicious!

