



INGREDIENTS

DIRECTIONS

Preserved Lemons

Lemons
Salt as needed (non-iodized)
Spices

1. Clean a pint jar or a jar large enough to hold two lemons.
2. Scrub the lemons with a vegetable brush and dry them off. Use organic lemons if possible. 3. Cut off the blossom and stem ends of the lemons. Slice them into wedges.
4. Use at least 1 tablespoon of salt per lemon. Use a pure, non-iodized salt. Sprinkle some salt in the jar. Add a lemon wedge and sprinkle salt over it. Continue adding lemon wedges and salt. As you pack the jars, press the lemons so they release some juice.
4. Add spices as desired as you are filling the jar: bay leaf, cinnamon stick, coriander, peppercorns. See additional options, below.
5. Press the lemons very firmly in the jar to get juices flowing. The lemon wedges should be submerged beneath the liquid. If they are not, juice an additional lemon and add the juice to the jar. Leave some headspace before adding the jar lid.
6. Leave the jar at room temperature for 2-4 weeks.
7. When the preserved lemons are soft, they're ready to use. Store the lemons in the refrigerator, where they will keep for at least 6 months. Rinse before using to remove excess salt.

OPTIONS

Moroccan Lemons: (bay leaf, cinnamon, coriander, peppercorns, cloves, cumin, turmeric)
Preserved Mexican Limes: (bay leaf, oregano, cumin, various chili peppers, garlic, onions)
Preserved Tangelos - (cardamom, star anise, cinnamon, cloves, nutmeg, chili peppers)

USING PRESERVED LEMONS

Pull a lemon wedge from the jar and separate the pulp from the peel. You will be dicing up the peel to use in recipes. The juice/syrup can also be used but beware of the salt. Do not salt a dish until after you have added the Preserved Lemon. You may not need additional salt.

Preserved lemons can be used like olives. Add them to sautéed vegetables. Make chicken piccata. Add them to a pasta salad.

Here is a link to some other recipes, including a risotto, that use Preserved Lemons:

http://ucanr.edu/sites/MFPOC/Recipes_for_Preserved_Lemons/

and from Food In Jars, Marisa McClellan:

<http://foodinjars.com/2017/02/use-salt-preserved-citrus/>