



PRESERVED LEMONS: “Make Along with UCCE Master Food Preservers”

Source: *Ball Complete Book of Home Preserving*

Please have the following supplies and ingredients ready and steps 1 and 2 completed in order to join the “Make Along” Preserved Lemons at the February 17, 2021 6:30 pm online Citrus class.

INGREDIENTS

5 lemons
1/4 cup canning salt
2 bay leaves
2 cinnamon sticks
1/2 teaspoon peppercorns (optional)

SUPPLIES

1 pint jar
Cutting board
Knife
Measuring spoons
Liquid and dry measuring cups
Sheet pan (optional, for containing the mess)

1. **PRIOR TO CLASS:** Wash the lemons in warm water scrubbing well to remove any dirt and wax, dry well using paper towels. Set aside. Pre-measure the salt and spices and set aside.
2. **PRIOR TO CLASS:** Sterilize the jar by boiling the jar in water for 10 minutes. *(If you live above 1000 feet in elevation, add 1 minute of boiling time for every additional 1000 feet.)* Set aside.
3. Cut the stem ends off the lemons. Discard the ends.
4. Turn each lemon up on its end. Slice the lemons as if you were going to quarter them, but don't slice all the way through. Leave the sections connected at the bottom by about 1/2 inch.
5. Gently pull the sections apart and sprinkle 1 teaspoon salt over each lemon making sure to get salt down between the sections.
6. Place the jar on work surface. One pint jar will hold about 4 lemons
7. Sprinkle 1 teaspoon salt in the jar.
8. Place one lemon in the bottom of a jar. Sprinkle it with 1 teaspoon salt.
9. Use your fingers to press the lemon down into the jar, squeezing out the juice.
10. When the lemon is well squeezed, sprinkle with 1 teaspoon salt. Add the dried spices.
11. Place another lemon in the jar. Squeeze. Sprinkle with another 1 teaspoon salt.
12. Repeat step 11 until the jar is full.
13. Make sure there is enough room left in the jar that the lemons can be completely covered with lemon juice. If the juice from squeezing and packing the lemons in the jar does not cover the lemons, squeeze another lemon to add juice to completely cover the lemons.
14. Sprinkle the lemons and juice in the jar with the remaining salt.
15. Leave at least 1/4 inch “headspace” in the jar. More headspace is fine, less will make it hard to open the jar without spilling. The lemons should remain completely covered by juice.
16. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight. Shake the jar well to mix the contents and distribute the salt.
17. **After class:** Keep the jar at room temperature for 2 weeks, away from sunlight. Shake the jar each day, thoroughly mixing the contents.
18. **After class:** After 2 weeks, the lemons are ready to use. Remove pulp and membrane, using only the peel. Rinse the peel under water to remove excess salt and dry with a paper towel. Store preserved lemons in the refrigerator. Use within 6 months.