



Preserved Lemons

Prep Time: 30 minutes

INGREDIENTS:

- 4-5 large lemons
- cooking salt
- sterilised jar

METHOD:

I don't have a precise recipe for this but more a method with steps. So here is it. If you have any questions please leave them in the comments.

1. Sterilise your jars (washing them in the dishwasher is fine) - at least 500ml - 1L jars
2. Add 1-2 tablespoons of cooking salt in the base of each jar
3. Wash your lemons very well ensuring there is no wax left on the skin
4. Slice your lemon into wedges.
5. Add cooking salt into a medium bowl and rub salt over each slice of lemon and place into the jar.
6. Add 1-2 bay leaves and 1/2 teaspoon of black peppercorns half way layering the jar as well as the top.
7. Push/compact lemon wedges in jar by using a spoon.
8. Submerge lemon wedges with fresh lemon juice ensuring jar is filled.
9. Place lid on jars, date and place into a dark cupboard.
10. Each day for the first two weeks you will twirl the jar to ensure salt is evenly distributed. After the two weeks, open the jar and top jar with olive oil to prevent any bacteria.
11. Place jar back in the cupboard for at least another 2 weeks (do not twirl/shake the jar) or longer - I like to leave them for 3 months to really tenderise the flesh.

TIPS/SUBSTITUTIONS:

- *Preserved lemons can be stored covered in room temp for up to a year.*
- *When you remove a lemon ensure the remainder of lemons are covered by adding more lemon juice. - Rinse lemon with water prior to using.*
- *Fabulous to use in: - Marinades - Salad dressings - Casseroles - Stews - Risotto - Dips - Desserts*