

PRESERVED LEMONS

5 lemons
¼ cup salt, more if desired
2 cinnamon stick
3 cloves
6 corriander seeds
4 black perrercorns
2 bay leaf
2 star anise
Freshly squeezed lemon juice

The important thing in preserving lemons is to be certain that they are completely covered in salted lemon juice. You can use the lemon juice over and over again. Use wooden utensils to remove lemons as needed

Preserved lemons are rinsed to rid them of the salty taste. Cook with both the pulp and rinds.

Method:

1. If you wish to soften the peel, soak the lemons in lukewarm water for 3 days changing the water daily.
2. Quarter the lemons from top to within ½ inch of the bottom, sprinkle the salt on the exposed flesh and then reshape the fruit.
3. Place 1 tablespoon of salt in the bottom of a sterilised one-pint jar. Pack in the lemons and push them down, adding the spices and salt between layers. Press the lemons down to release their juices and to make room for the remaining lemons.
 - a. (If the juice released from the squashed fruit does not cover them, add freshly squeezed lemon juice – not chemically produced lemon juice and not water).
4. Leave some air space before sealing the jars
5. Let the lemons ripen in a warm place, shaking the jar each day to distribute the salt and juice. Let ripen for 30 days.
6. I make up smaller jars from the large jar, distributing the juice evenly between the smaller jars and topping up spices as needed. I top these small jars off with olive oil.
7. To use, rinse the lemons, as needed, under running water, removing and discarding the pulp, if desired. There is no need to refrigerate after opening. Preserved lemons will keep up to a year, and the pickling juice can be used 2-3 times over the course of a year.