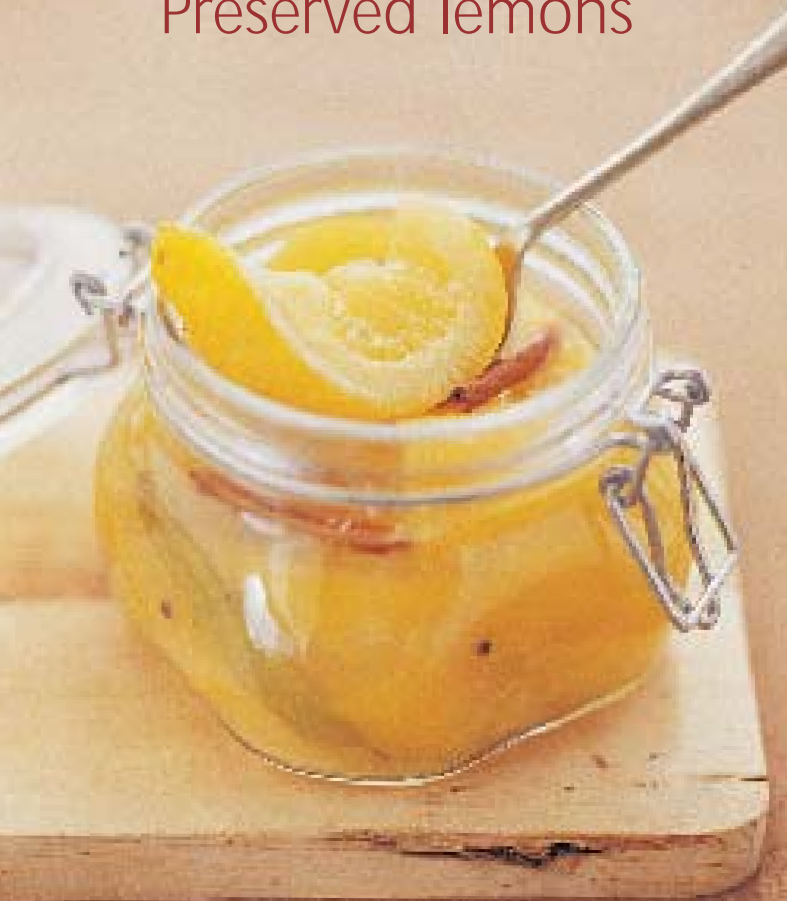


# Preserved lemons



## Preserved lemons

Makes: 4 x 500 ml jars  
Preparation: 45 minutes  
Preserving: 6–8 weeks

1 cup (275g) cooking salt  
12 medium lemons  
6 bay leaves  
8 peppercorns



2 cinnamon sticks, thinly sliced lengthways  
2½ cups fresh lemon juice (approx.)

1. Place 2 tsp salt into each 4 x 500 ml sterilised preserving jar.
2. Scrub lemons under warm running water to remove wax coating and cut lemons into quarters, trim ends if desired. Place lemons and remaining salt into a large bowl. Using your hands, mix well and rub lemons with salt.
3. Pack lemons, skin side facing out, into jars dividing bay leaves, peppercorns and cinnamon sticks between jars. Fill jars with lemon juice ensuring all fruit is covered (add extra lemon juice, if required). Secure lid firmly and shake jar gently.
4. Leave in a cool, dark place for 6–8 weeks, inverting jars weekly. Lemons are ready when very soft.

**Storage:** store unopened jars in a cool place for up to 6 months. Once opened, store in the fridge and use within 1 month.

**Using preserved lemons:** Use the skin only. Finely chop and toss through pasta or serve with barbecued fish, chicken or lamb. Also add to casseroles and tagines.

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