



Preserved lemons

Recipe by Liz Leigh, Limpopo Gourmet

🕒 30 minutes

INGREDIENTS

- 2-3 kg lemons (meyer are best)
- 8 bay leaves
- 2 red chilli
- 2 tablespoons whole black peppercorns
- Salt (I prefer sea salt, but table salt is ok. you will need at least 600g, probably more)
- 1 tablespoon coriander seed

NOTES

This recipe is not exact as you never know how juicy the lemons are!

Rinse the preserved lemon if desired, or use as is. Remove the rind from the flesh, thinly slice the rind. You can add preserved lemons to cooked chicken dishes, toss with salad that has spinach, feta, potato; make a salsa with rind, coriander leaf and chopped chilli and top cooked fish, pan fried chicken or slow cooked lamb shanks!

Add the fleshy part to slow cooked dishes... (lamb, chicken, beef or vegetarian) at the beginning of the cook.

DIRECTIONS

1. Sterilise 2-3 jars with a twist top lid (size depends on how many lemons you have. I like to make at least three jars at a time to make it worthwhile).
2. Juice about 8 lemons. Keep juice in a jug for the end of the process.
3. Wipe whole lemons clean with warm water. Make 6 cuts in the lemon, from end to end, but do not cut all the way through. Part the lemon open, fill with salt and squeeze closed.
4. Place in the jar, with the cut side facing up. Continue in this manner, squashing the lemons in for a tight fit. Between every 2-3 lemons, add a bay leaf, 4-5 peppercorns, a slice of chilli and 2-3 coriander seeds.
5. When the jar is tightly packed with lemons, fill with reserved lemon juice. Cover the lemons well, and tightly fasten the lid. Repeat until all lemons are processed.

Store the jars in a cool pantry for at least 3 months - the longer the better. If the seal is very tight, turn the jars upside down every month.

When the lemons are cured, remove from the jar. The juice should be thick (sometimes even like jelly).

These lemons will stay on the shelf, unopened for years. once opened, please refrigerate.



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