

Preserved Lemons

Bialik College Kitchen Garden Program



Ingredients:

- 24 lemons
- sea salt/kosher salt
- bay leaves
- coriander seeds
- cinnamon sticks

Equipment:

- glass jars
- juicer
- knife
- chopping board
- tablespoon

Method:

1. Scrub lemons with a vegetable brush and dry them off.
2. Cut off the little rounded bit at the stem if there's a hard little piece of the stem attached.
3. From the other end of the lemon, make a large cut by slicing lengthwise downward, stopping about 3 cm from the bottom, then making another downward slice, so you've incised the lemon with an 'X' shape.
4. Pack coarse salt into the lemon where you made the incisions. Use about 1 tablespoon per lemon.
5. Put the salt filled lemons very firmly in a clean, glass jar with a tight fitting lid.
6. Add a few coriander seeds, a bay leaf and a cinnamon stick.
7. Press lemons very firmly in the jar to get the juices flowing.
8. Juice some extra lemons and fill the jar with lemon juice till the lemons are completely covered.
9. After one month, when the preserved lemons are soft, they are ready to use.
10. Store the lemons in the fridge and they will keep for at least 6 months.