



Preserved Lemons

Season: Winter/Spring

Makes: 3 large jars

Fresh from the garden: bay leaves, lemons

Note: You will need 1 L of lemon juice on top of the 18 lemons being preserved in this recipe. If you don't have enough lemons for this, use 1 L of boiling water.

Equipment:

metric measuring jug and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
3 large sterilised jars with lids*

Ingredients:

18 lemons, washed and dried
18 heaped teaspoons rock salt
3 tsp coriander seeds
3 cinnamon sticks
3 bay leaves
1 L lemon juice or boiling water

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cut the lemons into quarters, leaving the last centimetre uncut so the lemon quarters remain attached.
3. Stuff each lemon with a heaped teaspoon of rock salt.
4. Squash the stuffed lemons into the jars.
5. Add 1 teaspoon coriander seeds, 1 bay leaf and 1 cinnamon stick to each jar.
6. Cover the lemons with lemon juice or boiling water (they should be fully covered).
7. Leave for 6 weeks in a dark place before using.

* Adult supervision required. To sterilise jars and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain jars upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the jars from the oven and fill while still hot.

