

How to make preserved lemons

Takes 4 weeks, serves as many as you like and uses a jar.

INGREDIENTS

A large jar

More lemons than you think you can squeeze into that jar
(about 4 per 500ml of jar, plus one or two extras)

1.5 tablespoons of coarse sea salt per lemon, plus extra

DIRECTIONS

Wash and rinse the jar and put it in the oven at gas mark 1/2, 250°F, 121°C for 15 minutes, then remove and leave to cool.

Rinse the lemons under very hot or boiling water, then scrub with a vegetable brush and rinse, whilst scrubbing under cold water.

Once the jar is at room temperature, put 1 tablespoon of salt in the bottom.

Cut the little stalk end off the lemon, then slice the lemon lengthways, only cutting 90% of the length, so you end up with a four-pronged lemon. Rub 1 tablespoon of salt into the openings and then put the lemon in the jar and sprinkle with 1/2 tablespoon salt. Repeat with more lemons, each time using something like a spoon or rolling pin to squash the lemons down into the bottom of the jar. As you squash them down, they should release their juice, which should stay at a similar level to the lemon flesh.

Once you reach the top of the jar with the lemons all squished and squashed in there, add another tablespoon of salt and if the juice doesn't cover the lemons, top it up with additional lemon juice.

Seal the lid securely, then leave the jar on the side in the kitchen for 1 week, shaking it up every day. After that, put it in the fridge and wait for another 3 weeks before using them.

To serve, remove a lemon from the jar, rinse it under cold water to remove the salty coating, then it's ready to use.

