

PRESERVED LEMONS

EQUIPMENT

PRESERVING JAR, CHEF KNIFE, SMALL POT, MIXING BOWL, SCALES

INGREDIENTS

4 LARGE LEMONS, 300GM SALT, 50GM SUGAR, 4 BAY LEAVES, 1 CINNAMON STICK, 5 CARDAMOM PODS, 30GM HONEY, 200GM WATER

METHOD

SET THE OVEN TO STEAM MODE 100 DEGREES AND PLACE THE PRESERVING JAR UP-SIDE DOWN IN THE OVEN FOR 20 MINS TO STERILISE

PLACE THE WATER THE JUICE OF 1 LEMON, SPICES AND HONEY IN A SMALL POT AND SET ASIDE

IN A SMALL MIXING BOWL PLACE THE SUGAR AND SALT

SCORE THE LEMONS 6-8 TIMES THROUGH THE SKIN DOWN TO THE FLESH TRYING NOT TO COMPLETELY CUT THROUGH THE LEMON

PLACE ONE SCORED LEMON IN THE SALT MIX AND PACK SALT INTO THE SCORES, GET AS MUCH SALT INTO THE LEMON AS POSSIBLE

REPEAT THIS FOR ALL THE LEMONS AND SET THEM ASIDE

POUR THE REMAINING SALT MIX INTO THE POT WITH THE WATER AND BRING TO THE BOIL

REMOVE THE JAR FROM THE OVEN AND PLACE THE LEMONS INSIDE POUR OVER THE BOILING SALT AND SPICE WATER, SEAL THE JAR AND PLACE ON A PERFORATED TRAY AND STEAM AGAIN 100 DEGREES FOR 12 MINS

ONCE DONE REMOVE AND COOL AT ROOM TEMPERATURE

PLACE THE LEMONS IN THE PANTRY FOR 4-5 MONTHS UNTIL READY TO BE USED

HINTS & TIPS

- PRESERVED LEMONS ARE EXCELLENT TO FRESHEN UP SLOW COOK MEATS THEY ARE GREAT WITH FISH AND FINELY SLICED WITH VEGETABLES AND SOUPS
- WHEN USING PRESERVED LEMONS ONLY USE THE SKIN, CUT AWAY ANY FLESH AND PITH AND DISCARD, WASH THE SKINS WELL SLICE AND ADD TO YOUR FAVOURITE DISH
- PRESERVED LEMONS ARE EXPENSIVE TO BUY SO WHEN LEMONS ARE CHEAP AND IN ABUNDANCE DO A BIG BATCH TO LAST THROUGH THE YEAR