

Preserved Lemons



The very first time I preserved lemons was back in 2010. It was a failure. It is highly likely I did it incorrectly and based on that experience I never made them again, until now.

A friend recently told me she LOVED preserved lemons and used them all the time. Really? As a result I was inspired to make them again, plus the orchard is bursting with citrus. My friend shared her favorite recipe which was published in the New York Times, March 7, 1999. You can see it [here](#).

According to Epicurious.com, preserved lemons are one of the indispensable ingredients of Moroccan cooking, used in fragrant lamb and vegetable tagines, chicken recipes and salads. Their unique pickled taste and special silken texture cannot be duplicated with fresh lemon or lime juice, despite what some food writers have said.

Since it takes a few weeks to “cure” the lemons, I thought you might want to make them along with me. It’s very easy. In a few weeks, we could try a recipe together using these lemons?

Ingredients

Start with 6 medium-size lemons, 1/2 cup kosher salt, 1 cup lemon juice, 1 Tablespoon cardamon pods and 3 bay leaves.



Preparation

Cut the lemons in quarters, leaving them attached at one end.



Rub the flesh with a little bit of the salt. This is unpleasant if you have any paper cuts.



Place 1 tablespoon of salt in the bottom of a 1-quart glass jar with a tight fitting lid. I used an old Bubbie's Bread and Butter pickle jar.



In the Jar

Place the lemons in the jar alternating with the remaining salt, cardamom pods and bay leaves, pressing the lemons to fit them snugly in the jar. Note: you really have to push them down.



Pour in enough lemon juice to cover the lemons.



Put on the lid and refrigerate, shaking the jar daily for 2 to 3 weeks before using. Notice how I slipped a Meyer Lemon (orange rind) in there? I figured it wouldn't hurt as it is considered a lemon.



Two to Three Weeks-Shake

Preserved lemons, covered with liquid and tightly sealed, will keep for several months in the refrigerator.



Some of the recipes from this New York Times article are: Fettuccini with Preserved Lemon and Roasted Garlic; Lamb Stew with Squash and Preserved Lemon; and Swordfish Baked with Preserved Lemons and Olives. Sounds good, right?

The first jar of these I made I DID NOT refrigerate them. I went back to that recipe and it specifically says to never refrigerate. So your guess is as good as mine. Hopefully this recipe will be better.

Has anyone made preserved lemons? If so, please share how you did it and the dishes you use them in.

Mary