

Hamad m'rakhad

Preserved Lemons Recipe



Ingredients:

For one pint-sized jar:

3 Meyer Lemons (or Eureka or Lisbon, organic recommended)

Kosher or coarse ground sea salt as needed

Extra lemon or two for juicing

Water (boiled and cooled)

Method:

1. You can make however many preserved lemons you like, but roughly 3 will fit per pint-sized jar.
2. Thoroughly clean the lemons. Organic is recommended. If you can't find organic, let the lemons sit in some vinegar water for a few minutes, then rinse.

3. Trim the nubs off both ends of each lemon. Quarter each lemon, slicing them down just over $\frac{3}{4}$ of the way to leave the slices attached at the end.
4. Stuff salt into the cavity of each lemon, covering the exposed pulp and reshaping lemon.
5. Place one tablespoon salt into the bottom of the jar. Put a lemon in the jar, cut-side down, pressing firmly to squish out the lemon juice. Put a teaspoon of salt on top of the lemon. Firmly press the second lemon down on top of the first lemon. Repeat with the third lemon, pressing down firmly. Add a teaspoon of salt on top of the lemon.
6. The jar should be halfway full with lemon juice. If needed, squeeze some additional lemon juice into the jar to bring it to the halfway point. Don't waste that lemon; slice it and stuff the slices into the jar. Pour the boiled & cooled water into the jar to fill it almost to the top.
7. Screw the lid on and let it sit at room temperature for 3 days, shaking it and rotating the jar upside-down/right-side up a few times per day. After 3 days transfer the jars to the refrigerator and let them sit for at least 3 weeks before using. Stored in the fridge, will keep for at least 6 months.
8. When ready to use, remove lemon (with a utensil so not to contaminate the remaining lemons), rinse well under running water and discard the pulp.
Cut up for soups, stews, sauce for fish, add to cream or olive oil-based pasta sauces, add to vinaigrettes and marinades.