

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Preserved Lemons

Inspired and lightly adapted from [Ottolenghi](#) & Tamimi's *Jerusalem*.

When you can find them, use lower acid, soft skinned, smaller and highly fragrant Meyer lemons. Otherwise, regular Eureka or Lisbon lemons work just fine. The number of lemons to fit in your jar varies with their size and the thickness of their skin. Start with six lemons and add more as you're able to squeeze them into your jar.

Makes 1 quart

Active time: 1 hour

Total time: 5 weeks

6 – 10 organic lemons, washed and dried

6 – 10 tablespoons sea salt

2 rosemary sprigs, optional

1 Serrano or red Jalapeno chili pepper, optional

Freshly squeezed lemon juice as needed

Extra Virgin olive oil

1. Remove any remnants of a stem from the lemons. Beginning with 6 lemons, cut a deep-cross from the top to within ½-inch from the bottom.
2. Fill each lemon with ¾-1 tablespoon of salt. (Smaller Meyer lemons hold the lesser amount of salt.) Place the lemons in a clean, glass quart jar.
3. Use a wooden spoon, a [kraut pounder](#) or your fist to tightly pack the lemons and begin pressing out their juice.
4. Add additional lemons filled with salt as room allows. After packing the lemons, I also like to add a [glass weight](#) or two to help keep the lemons submerged in the lemon juice.
5. Cover the jar with a lid. Store it in a cool spot for a week.
6. Remove the lid and press the lemons really tightly together squeezing out as much juice as possible.
7. There may be enough juice to more than cover the lemons. If not, add additional fresh lemon juice to do so. Add the optional fresh rosemary sprigs and chili pepper.
8. Pour on a thin layer of olive oil. Top with the glass weights again if you're using them.
9. Cover the jar with a lid. Store at cool room temperature for four weeks before using the lemons.
10. Store preserved lemons in the refrigerator for at least 6 months or more.