

In The Kitchen

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Preserved Lemons

Preserved lemons are a staple of North African and South Indian cuisines, and are now making their way all over the world. Lemons are pickled in a brine of salt and their own juice. The result is a condiment that tantalizes the sour and salty taste buds all at once.

7 – 8 lemons (preferably small, and organic)
1/3 cup kosher salt
1/2 cup freshly squeezed lemon juice

1. Choose a pint jar with a tight fitting lid that will hold the desired quantity of lemons. Sterilize the jar with boiling water. Drain and allow to air dry.
2. Choose lemons that are fresh and unblemished. Scrub the outside with a vegetable brush.
3. With five of the lemons, cut the stem and blossom ends off. Cut the lemons in quarters, pole to pole.
4. Place the kosher salt on small plate. Dredge each quarter in the salt and place in the prepared jar until the jar is filled. Add to the jar any remaining salt from the plate.
5. Squeeze the remaining lemons and fill the jar with the freshly squeezed lemon juice until all of the lemon quarters are covered with juice. (Don't add water, add only lemon juice to top off the jar).
6. Close the jar and place in the refrigerator for 30 days. Remove lemon quarters as needed. Rinse the pieces, then slice each quarter into paper-thin slices. The lemons may be kept in the refrigerator for up to six months.

Lemon-Honey Vinaigrette

Tart, yet sweet, this lemon vinaigrette complements a stack of greens garnished with some preserved lemons and Kalamata olives. Sprinkle flaked salt on top and the salad is complete.

2 tablespoons freshly squeezed lemon juice
2 cloves garlic, finely minced or pressed
1 teaspoon honey
6 tablespoons olive oil
Pinch of salt
Freshly ground pepper

1. Squeeze and strain the lemon juice in a medium bowl. Add the minced garlic.
2. Drizzle in the olive oil and honey while whisking. The lemon juice will emulsify the oil.
3. Add the salt and pepper.
4. Dress fresh greens, or store in the refrigerator for up to 1 week.