

Module 8 Oh, My Darling, Clementine



Whole Preserved / Salted Lemons

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10 for 10

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Whole Preserved / Salted Lemons (organic or from your own trees)

Seasoning suggestions: coriander seeds, caraway seeds or cumin seeds – we have used cumin salt for limes and delectable! Cinnamon bark, bay leaf, a few cloves & peppercorns

5 -7 lemons or limes, **at room temperature** (take out of refrigerator an hour ahead of time).

Wash organic citrus (organic are important as it is the skin we use).

Soften the fruit by rolling on bench under palm.

The classic Moroccan way is to cut each lemon in quarters but not right through, so that the pieces are still attached at the stem end (to keep submerged).

1 tablespoon salt at the bottom of the jar and smaller quantities on each layer – push each cut salted fruit down well with a wooden spoon (it should produce enough juice to not require extra, however, make sure it is totally submerged in juice (same deal as any fermentable).

Once you have all the fruit in the jar, push down with a wooden spoon, releasing as much juice as possible.

Push some more.

Cover and Smother with liquid.

Close the jar and leave in a cool place for at least a month.

The longer they are left, the better the flavour. (If a piece of lemon is not covered, it can develop Kham yeast (a white bloom) that is harmless and just needs to be washed off.

Not like kraut – if Kham develops it will affect the taste! Approx. 4 weeks the kitchen will have preserved rinds. The pores of fruit will have smoothed out, and the liquid will be cloudy and viscous.

Check often and may require a little shake. If they are ever floating add a little lemon or lime juice with a touch of salt.

Store as is in the refrigerator!

Before serving, scoop out and can discard the pulp, and rinse the lemon peel to get rid of the salt residue, only if required – we never do!!

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Another way to store and use salted citrus ... drain off excess liquid, remove seeds and blitz – rind and pulp, add back to a jar and refrigerate. We do small amounts.

Enjoy!

Preserved Citrus

♥ **The cuisine of the first Berbers** exists today in the staple dishes like tagine and couscous. The Moors introduced olives, olive juice and citrus.

♥ **The Moors reason for preserving citrus was the usual one:** It was a way of continuing to enjoy the fruit after the season had passed. The peel - the part used most, is soft to the touch and smooth in the mouth. It is translucent, mild, and mellow without the acidity and every kitchen should have at least one jar or two.

♥ **Remember to keep it simple, organic and one type of citrus for one jar** – mixed only look pretty for photographs. Lemon or Limes are the best kitchen choice. Non-organic citrus accumulates pesticides in their rinds.

♥ Add extra salt with sweeter fruit (orange and some grapefruits) + add the juice of lemon or lime for greater acidity.

♥ **For grapefruit:** Select small grapefruits, the thinner the skin, the better, pink, ruby, or regular work with a wide mouthed container.

Seasoning suggestions: mustard seeds, coriander seeds, whole black peppercorns, lemongrass, ginger, cinnamon stick, bay leaf, a few cloves or juniper berries.

♥ Oranges

2 tablespoons of salt in the bottom of the jar and approximately 2 additional tablespoons sprinkled in the jar.

Seasoning suggestions: dried thyme springs, whole cloves, cardamom seeds, peppercorns, or Korean red pepper flakes (kimchi)

The process is as above.

♥ **The thicker the rind, the longer it will take to be preserved.** Our Thompson Pink grapefruits take about 2 months and our Tahitian limes about 1 month.



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Pair preserved lemons with olives (is there any other cuisine which makes such magic with old, salty fruits?) in the traditional, braised fashion.



The Magic Begins ...

♥ Store in the fridge. When serving, rinse off excess saltiness, if required. The pulp can be discarded. The flesh imparts a stronger flavour. Chop the rind into very fine pieces. Or blitz all together.

♥ You can dress them up with lashings of butter in potatoes, pumpkin, risottos, or couscous. They stand up to fermented garlic, and they cooperate with fresh plucked herbs. Team with sautéed vegetables, salads, dips, sauces, curries. Mix the pureed salted lemons with oil, mustard, and black pepper to make vinaigrettes or other salad dressings.

♥ Mix pureed salted lemons with room temperature unsalted butter or kefir butter or soft cheese to make a butter to finish sauces, pop on bread or serve with seafood.

♥ Stews like the Moroccan-style tagines: stews cooked in clay pots made with various meats cooked with fruits like dried apricots, figs, dates, prunes, raisins, olives, nuts, herbs, and spices. When making this North African style of stew the preserved lemons are added whole or quartered towards the end of the cooking. **Only the rind is used.**

♥ Toss hot, freshly cooked pasta with pureed lemons, smashed fermented garlic and fermented ginger and turmeric and high-quality olive oil.

♥ Roasts – particularly poultry, such as chicken pair well with preserved lemons.

The flesh and rind of the salted lemon/ limes are used. The bird is rubbed all over, inside, and out for seasoning then sprinkled with sumac, or ground cumin or any all-purpose seasoning. Very little extra salt is added. The rind is tucked under the skin of the breast on both sides, between the thighs and in the cavity.

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♥ Roast potatoes – mix some of the pureed preserved limes with oil and toss with par-cooked potatoes and roast.

♥ Add some of the pureed version to mayonnaise to make citrus mayo or to aioli for a garlic-lemon aioli.

♥ They nicely balance sweet flavours, such as dried apricots or honey. Team preserved rinsed lemon rinds with avocado for a vegan cheesecake. Aww I must stop!

♥ Chanh Muối (Vietnamese Salty Lemonade)

1 chanh muối wedge (salted lemon)

Fizzy mineral water or still water

Sugar / raw honey

Separate and spoon a chanh muối wedge into a tall glass.

Muddle the lemon in your glass with a spoon to mash most of the juices out.

Add your choice of sparkling or still water. If desired, stir in a few spoonsful of raw honey to taste. It should have a salty-sweet flavour that is not too overpowering.



♥ If you want to soothe your cold symptoms, simply steep a chanh muối wedge in a cup of hot water and stir in raw honey – garlic infused honey is even better.

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Lemon pickles and preserved citrus store for years. Not practicing what I preach!!! No labels or dates. We worked out the lemon pickles and salted citrus are well over 10 years old and still so divine!



Note: Seeking the advice of a holistic health practitioner before using the gift of fermentation (fermented food) to treat any condition is recommended.

Love and bacteria,

[Lynnie](#)

[The Gut Academy Tribe](#) Join us as we get creative, learn, have fun and experiment!