

# Preserved Lemons

When life gives you lemons my new motto is preserve them and use them anywhere you want some bitter and acidic addition to your cooking. not just for tagging they are great mixed through salads, under the skin of a chook before roasting and in your boiled rice. Just give them a quick rinse and pat dry before using. Makes 4 jars

- 10 lemons
- 220g sea salt
- 10–20 fresh bay leaves
- 4–6 cinnamon sticks
- 4 teaspoons fennel seeds

4 sterilised jars

Quarter the lemons, keeping bases on. Rub a generous amount of sea salt into the centre of each lemon (at least a couple of tablespoons). Pack the lemons into 4 sterilised jars with the bay leaves, a cinnamon stick and a teaspoon of fennel seeds in each jar. (You can use any spices you like). Sprinkle another 2 tablespoons of sea salt into each jar. Add enough lemon juice to cover the lemons. Seal and store in a cool place. Try to store for two months for maximum flavour and preservation. When ready to use just rinse with water then cut away and discard the flesh and slice into sizes you need. They are great in slow cooked dishes and sliced super thin in salads.

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