

# Preserved lemons

Wash your lemons and cut them into quarters

Place a layer of lemons in your jar, sprinkle generously with salt, add flavourings (bay leaves, chillis, peppercorns...) and repeat until the jar is full.

Top up with boiling water making sure there are no air bubbles. Add more lemons if there is room

Seal and put in a cool place for at least three months. Shake weekly to distribute any undissolved salt.

They will keep indefinitely

## How to use preserved lemons

They're an interesting layer of flavour for soups and stews and add an interesting dimension to roast meat and wilted greens. The key is to discard the lemon flesh and finely chop the preserved rind. Remember they're very salty, so check your flavour before you add any extra salt.

## Brussels sprouts like you've never had them

Serves 2

Handful of Brussels sprouts, yucky ends and coarse outer leaves cut off, sliced.

2 cloves garlic

Quarter of preserved lemon rind, finely chopped

Splash of stock

1-2 tablespoons butter

Salt and pepper to taste

Sprig of thyme

Gently melt the butter and sauté the garlic and preserved lemon, don't let the garlic go past pale golden.

Add the sliced Brussels sprouts and turn the heat up a bit so they start to caramelize

Once the Brussels sprouts are just beginning to cook, add the thyme and stock and put the lid on the pan

Let them steam for five minutes or so until tender but still a bit crunchy.

Add pepper and a teeny bit of salt (the preserved lemon is very salty, so you might not need any extra salt).

This also works well with kale, spinach or silverbeet.

## Lemony roast chook

Chook

Half to three quarters of a preserved lemon

Lots of garlic, peeled

1 large onion, sliced

A handful of fresh tarragon, oregano or thyme

500ml chicken stock

Pepper

Preheat oven to 220deg C

Put a layer of onion, garlic cloves, your choice of herb and half a finely sliced preserved lemon in your roasting dish.

Put the chook on top of this, breast side down

Put the rest of your fresh herb and the last quarter of preserved lemon (whole if you like) inside the chook

Pepper the chook, pour the stock around the chook

Roast for 30 to 45 minutes, depending on the size of your chook, then turn it breast side up for the last 15 minutes or so of cooking.

Once the chook's cooked through, you can thicken the pan juices with dissolved cornflour or potato starch for a rich gravy.