

We?re running out of Preserved Lemons. Oh no!

There?s an easy fix. Make some more. There is some interesting Biochemistry here but I?m guessing not many folk are interest in that. In simple terms Lactobacillus Bacteria are the only thing on the earth which can tolerate this level of Salt. They work by digesting Sugars / Carbohydrates and converting them into Lactic Acid and Carbon Dioxide.

Ingredients:-

Lemons
Salt and more Salt!
A Kilner type Jar

Method:-

(1) Top and tail your Lemons. Please ensure that they are un-waxed. Waxed Lemons will work, but as we don?t know what wax was used it might not be very good for you.
(2) Chop the Lemons into 8ths. Don?t worry about the pips.
(3) You want about 1/3 weight of Salt compared to the Lemons. Add this to the jar.
(4) Give it all a good shake and clip the lid down.
(5) Pop in a cupboard for 4 months and once do it will outlive you and still be good!

The end produce looks dreadful but if you?ve eating in a Mediterranean restaurant you?ve almost certainty eat Preserved Lemons. The Acidity and Saltiness add a real punch to all sorts of dishes.

Interesting the smell at the coast is caused by Lactobacillus Bacteria digesting stranded Seaweed and releasing Dimethyl Sulphide as a bi-product.