

Preserved Lemons



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



7 kcal

CONDIMENT

DIP

SPREAD

Ingredients

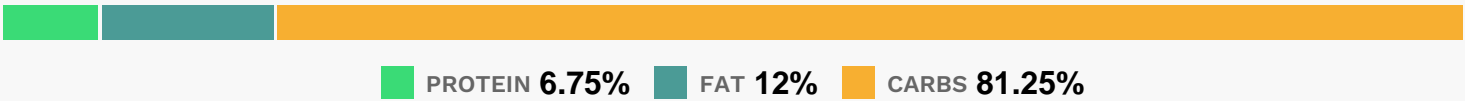
- ☐ 5 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 12 inch cinnamon
- ☐ 1 tablespoon coriander seeds
- ☐ 0.5 cup kosher salt
- ☐ 20 servings juice of lemon freshly squeezed
- ☐ 2 teaspoon pepper flakes red

Equipment

Directions

❑ Slice through the core of the lemon vertically, taking care not to slice all the way through. You will have a nice lemon flower. Grab one lemon at a time; sprinkle some salt inside, then place it into container face down. Using the bottom of a drinking glass, flatten the lemon, squeezing out as much juice as possible. Continue working until you pack all the salted lemons tightly into the container; arrange them attractively so they will look good while brining. (It is for show as well!) Use a stick or the handle of a spoon to wedge the bay leaves and cinnamon sticks all around, evenly distributed. If you find that the amount juice in the container is not covering the lemons, add a bit of lemon juice to cover. Do not use water or commercially prepared lemon juice. You may need to sink the lemons to assure good coverage. I used a small plate to keep them submerged. Do not refrigerate them just yet. Avoid the temptation for at least 48 hours. The salt will help the lemons release more of their liquid if left at room temperature for awhile. Once the lemons are on their way, put them in the refrigerator in the back for at least 30 days before using them. To use, wash off brine, separate pulp from the rind, and use according to the recipe.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2200000111176%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 6.72kcal (0.34%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.41g (0.45%), Cholesterol: 0mg (0%), Sodium: 2832.96mg (123.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.15mg (7.61%), Vitamin C: 5.89mg (7.14%), Fiber: 0.6g (2.4%), Vitamin A: 64.72IU (1.29%), Calcium: 12.28mg (1.23%), Iron: 0.19mg (1.08%)