
Quick Preserved Lemons

Phillis Carey, 2012



No "preserved lemons" in your pantry? Here's an easy solution.

2 whole lemons, sliced in 1/4 inch rounds

Sea salt

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

1. Cut ends off each lemon and discard. Lay lemon slices on a cutting board and sprinkle thoroughly with salt. Turn lemon slices over and salt second side. Stack lemon slices two layers thick in a shallow bowl and let stand for 30 minutes, turning piles over once.
2. You can rinse these gently at this point. Or, if you'd prefer to keep what juice is still there, pick up the slices (a few at a time) and allow juices (and any salt) to drain off. With 3-4 slices at a time, cut in strips, turn and chop into 1/4 inch dice, discarding any seeds. Use in any dish calling for preserved lemons. These might keep for a day or two.

Per Serving (excluding unknown items): 23 Calories; trace Fat (5.3% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit.