

# WHAT'S 4 DINNER?

#RECIPESTHATDISH



## Preserved Lemons à la Nicole Rucker

March 17, 2022

*Preserving lemons in a salt mixture may seem like a very niche thing to do, but it makes a world of difference in the dishes you cook and they last forever! I am lucky to have a Meyer lemon tree, and thus, a glut of fruit to use up each year. So I turned to LA's fruit and pie queen Nicole Rucker's cookbook, **Dappled: Baking Recipes for Fruit Lovers**, for an A+ recipe for Preserved Meyer Lemons. She says her favorite way to use these preserved lemons is to simmer them in a big ol' pot of beans with lots of olive oil... and I can't say I disagree!*  
- Anthony

**Makes 1 quart**

### Ingredients:

- 6-8 Meyer lemons (or regular lemons)
- 1 cup (250g) fine sea salt
- 3 Tablespoons raw turbinado sugar
- 2 cinnamon sticks
- 2 whole fresh or dried bay leaves
- 2 dried chiles de árbol
- 1 teaspoon whole black peppercorns
- ½ teaspoon coriander seeds
- ½ teaspoon fennel seeds

### Method:

1. Wash a 1-quart jar with very hot water and allow it to air dry. Wash the lemons and trim the ends off each one. Cut a cross shape into the top of the lemon, slicing down three-quarters of the length of the fruit and creating quarters. Keep the bottom of the lemon intact.
2. In a large bowl, combine the salt, sugar, cinnamon, bay leaves, chiles, peppercorns, coriander, and fennel and toss with the lemons. Push the seasoned salt into the lemon segments and pack the lemons as tightly as possible into the prepared jar. Use a cocktail muddler or a wooden spoon to compact the lemons as much as possible.
3. Store the jar at room temperature with a loosely tightened lid. You can weigh the lemons down with a fermentation weight or a cup, but there isn't much need for that after the first week. They will release juices and the salt will begin to melt over time. The lemons will be ready after about 1 month of preserving, and will keep stored in the refrigerator for about 2 years. Always rinse off the lemons before using them, as they will be very salty. Both the flesh and the rind are edible.

### \*Notes

**From *Dappled*:** You can preserve lemons in just the salt and sugar. The spices are not required, but I highly recommend them. You can substitute Eureka or other lemon varieties for Meyer in equal measure. The preserving process takes at least one month.