

# PRESERVED LEMONS

**Bread  
n Butter**  
nourishing skills

Lemons are such a wonderful source of vitamins and we sometimes receive lots in our boxes. This recipe is a great way of using up lemons and using them at a later date in other recipes.

## INGREDIENTS

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6 lemons  
6 tbsps. salt  
A clean jar with lid

WHAT YOU NEED

## METHOD

- 1** Start by thoroughly washing the lemons. Next slice them into quarters. At the bottom of a clean jar place 1 tbsp. of salt.
- 2** Next place 4 lemon quarters and then 1/2 tbsp. of salt and continue to do this until all the lemon are in the jar. Press down on them releasing their juices.
- 3** You may need to squeeze an extra lemon or two to ensure that the lemons are covered in juice. Place the lid on and leave out for a week. Once the skins are translucent they are ready to use. They last for up to six months in the fridge

[www.breadnbutter.org.uk](http://www.breadnbutter.org.uk)