

Miele

Preserved lemons

By Miele

5 minutes

Preparation time

2 hours

Cooking time

4 x 250 ml jars

Serves



INGREDIENTS

- 1 kg whole lemons
- 100 g cooking salt
- 3 star anise
- 3 cinnamon quills
- 3 bay leaves

METHOD

1. Wash and dry the lemons, cut into quarters and arrange in an unperforated steam container. Sprinkle the lemons evenly with salt and add the spices.
2. Place into the steam oven and Steam at 100°C for 1 hour and 15 minutes.
3. Place 4 clean 250 ml preserving jars and lids inverted into a perforated steam container and into the steam oven with the lemons, Steam at 100°C for 15 minutes to sterilise.
4. Carefully remove the hot jars and turn right side up. Remove the lemons and using a slotted kitchen spoon divide evenly between the jars, fill the jars to the brim with the remaining liquid and secure the clean lids.
5. Return the filled jars to the oven and Steam for a further 10 minutes to clean and sterilise for storage.
6. Wipe the jars dry with a clean cloth and store in a dry cool place until needed. If you wish to use them immediately, store in an airtight container in the fridge.

Additional appliance method

- Preserved lemons can also be prepared using sous-vide technique. Divide the lemons, salt and spices evenly amongst 3 small vacuum sealing bags. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3. Place into the steam oven in a perforated steam container and Sous-vide at 90°C for 1 hour and 30 minutes. Wipe the bags dry and check for any punctures before storing in a cool dry place.
- Preserved lemons prepared with this technique will still continue to increase in tenderness over time, however unlike traditional preserved lemons, can be used immediately instead of after months of maturation.

Hints and tips

- Use this technique to utilise lemon skins leftover from juicing.
- Lemons can be substituted with limes, oranges or grapefruit however cooking times may vary slightly depending on how firm you wish the final result to be.