

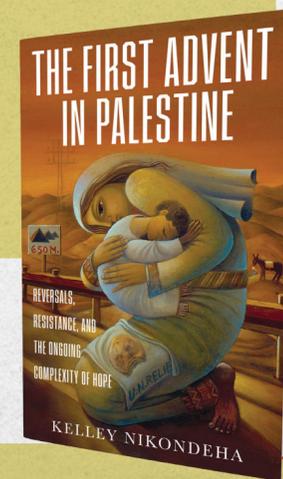


HOW TO PRESERVE LEMONS

This is a simple recipe for preserving lemons. This can be an alternative Advent practice, allowing us to enter the process of slow transformation and connect with the people and place of Palestine this Advent season.

See the video demonstrations at kelleynikondeha.com/resources.

THE FIRST ADVENT IN PALESTINE
KELLEY NIKONDEHA

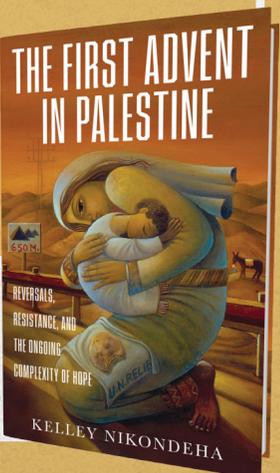




WHAT YOU WILL NEED

- **Lemons**, cleaned. Lemons from the store often have a wax coating, so wash them with a produce wash to remove all wax and dirt.
- **Glass jars**, cleaned. Glass jars can be sterilized or simply can be run through the dishwasher and allowed to air-dry.
- **Kosher salt**
- **Fresh lemon juice** (for week two)
- Optional: aromatics like fresh herbs, dried chilis, bay leaves, peppercorns, cardamom pods, cinnamon sticks (week two)

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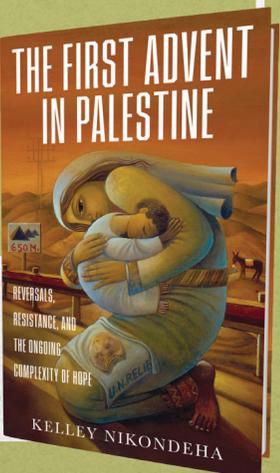




WEEK ONE

- Take clean lemons and cut off the tough tips of both ends. Place lemon on a "foot" created by the cut. Make a cross shape $\frac{2}{3}$ of the way down the lemon using two cuts. The lemon should remain intact on the bottom.
- Using 1 tablespoon of salt per lemon, spoon salt into the cuts of the lemon.
- Put lemon in clean jar.
- Repeat with as many lemons as you can jam into the jar—get it as full as possible!
- Screw on the lid and leave on kitchen counter for one week.

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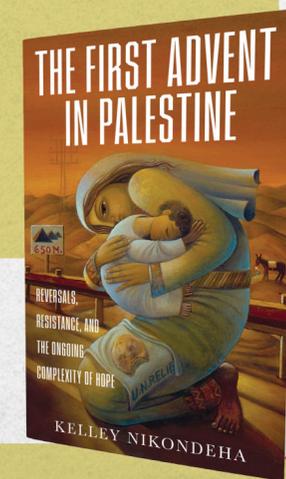


WEEK TWO

- Open the jar and fill to the brim with fresh lemon juice.
- If you want to add flavorings, tuck them into the jar. Fresh herbs like rosemary or thyme are good. Cinnamon sticks, cardamom pods, peppercorns, bay leaves, and dried chilis are also good options. Rosemary and chili is a good combination—and lovely colors for the holiday season.
- Make sure the lemons and any aromatics are submerged in the lemon juice. If not, you might consider a glass weight used for canning to help keep things immersed in the liquid.
- Put back on kitchen counter. Let it sit for three weeks.

The lemons will sit on the kitchen counter for three more weeks, transforming into an amazing condiment / ingredient for your future meals.

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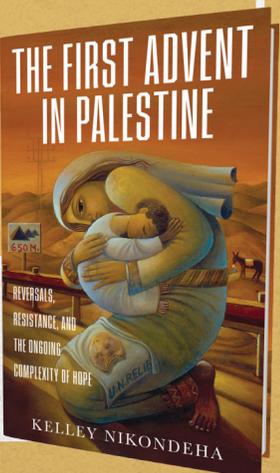




WEEK FOUR

- After the full four weeks on the kitchen counter, your lemons are now preserved lemons!
- Once the jar is opened, the lemons need to be stored in the refrigerator. But they can last in the refrigerator for months.

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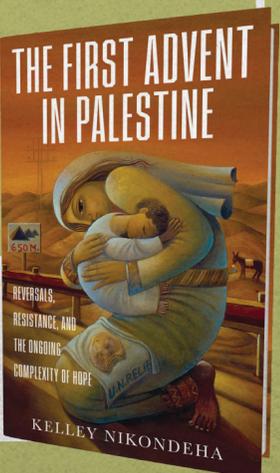




HOW TO USE PRESERVED LEMONS

- Always take lemons out with a fork—do not put your fingers in the jar or you will introduce bacteria into the lemons.
- The lemons have been sitting in a salty brine for four weeks, so they are salty! Once you remove them from the jar, rinse under water.
- The entire lemon, flesh and rind, can be eaten.
- Chop the lemon and add to stews and soups for a citrus kick.
- Chop lemon into bite-size pieces, removing any seeds, and add to a mezze platter with the marinated vegetables or pickled foods.
- Remove the flesh and mince rind to add to vinaigrettes, marinades, sauces.
- Finely slice the rind and add to salads.

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CILANTRO-LEMON CONDIMENT

Chef Fadi Kattan

Chef shared this family recipe with me when I first made preserved lemons.

- A bunch of fresh **cilantro**, roughly chopped
- A spoonful of **sumac**, or to taste
- Chopped preserved **lemon**, to taste
- **Olive oil**

Mix these four ingredients, playing with it to get the flavor you like. I often add a pinch of salt to bring it all together. I love putting the condiment over roasted fingerling potatoes just before I bring them to the table, or toss with fresh vegetables and use like a dressing. It is also good to serve alongside any meat dish.

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