NORTH AFRICAN · SAUCE

Preserved Lemons with Bay Leaf

30 min · plus 4–6 weeks curing · Makes 48 × 1 tbsp chopped (10 g) · 3 kcal a portion

Video 17:11 · Maggie Beer

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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A big hit of lemon flavour for almost no calories (about 3 kcal a tablespoon) and no sugar. It is very salty — about 445 mg sodium a tablespoon unrinsed — so rinse it and use it in place of other salt in a dish.

Diet notes: Low carb (0.5 g net carbs) but not keto: 6% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy).

Ingredients 5 · MAKES 48 × 1 TBSP CHOPPED (10 G)

- [ ] 6 **thick-skinned lemons**, quartered (sixths or eighths if large); the squeezed pulp, about 200 g, is eaten too
- [ ] **Lemon zest**: rind of the 6 lemons (about 240 g), the main part you eat
- [ ] about 100 g **salt** (4 tbsp, heaped), plus a little for the jar base and top (the rind and pulp take up about 55 g)
- [ ] 4 large **lemons**, juiced, to cover (the juice stays in the jar)
- [ ] 1–2 **bay leaves** (optional, not eaten)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pick thick-skinned lemons that have been on the tree a while; scrub off any wax. Remove the stems and cut each lemon into quarters (sixths or eighths if large). 0:47
2. Sprinkle a little salt into the bottom of clean wide-mouthed jars. Toss the lemon pieces with the 4 heaped tablespoons of salt (about 100 g for 6 lemons) until well covered. 3:24
3. Pack the pieces into the jars, squeezing each one hard over the jar as you go so the juice runs in, and press them down tightly, rind facing outwards. Slip in a bay leaf if you like. 4:49
4. Finish with a little more salt and pour in fresh lemon juice until every piece is covered — any lemon above the juice can go mouldy. Press down firmly so nothing floats, then close the jars. 6:50
5. Leave in the pantry for 4–6 weeks until the rind is soft. To use, rinse a piece if it is very salty, and chop the rind (and the pulp for tagines and braises). 8:34

> **Tip** Makes about 500 g of rind and pulp, roughly 48 tablespoons (our estimate). For a shortcut, freeze the cut quarters for about 4 hours (not overnight) before salting; they can be ready in 1–2 weeks. They keep for a year or more.

The method is a summary in our words — the video shows every step.

One portion, 1 tbsp chopped (10 g), gives you 1 OF 48 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
3 kcal	0.1 g	1.1 g	0.5 g	0 g	440 mg
10 kJ	0% of a day	0.5 g net · 0.3 g sugars	2% of a day	0 g saturated	19% of a day
		0% of a day		0% of a day	

Energy from net carbs 83% · protein 17% · fat 0%

Recipe and video: Maggie Beer (@MaggieBeerOfficial) on YouTube — youtube.com/watch?v=0g8qoSg17cY, published 4 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/maggie-beer-preserved-lemons