

Spicy Meyer Lemon "Pickle"

Makes 1 quart

Part preserved lemon, part pickle, all delicious, this easy preserve isn't processed, so it must be stored in the refrigerator after its weeklong "curing" time. Depending on how consistently cold your refrigerator is, these will keep up for several months to a year, although they will lose some of their toothsome texture after a few months. Use them as a relish, a garnish for stewed meats, or chopped and sprinkled on meaty sandwiches or hearty salads.

4 pounds Meyer lemons, scrubbed clean
1/4 cup + 2 teaspoons kosher salt
1/2 teaspoon red pepper flakes
1 quart jar, 2 pint jars, or 4 half-pint jars, cleaned

Instructions: Cut lemons in half and juice (reserve juice).

In a 6- to 7-quart pot, bring 4 quarts of water, lemons, and 1/4 cup salt to a boil. Cook until lemons are tender when pierced with the tip of a knife, about 10 minutes. Turn off heat and let lemons sit in water 1 hour.

Drain lemons (don't rinse). Using a spoon, scoop out and

discard all membrane and white pith. Cut peel into bite-size pieces. In a large bowl, toss peel with remaining 2 teaspoons salt and red pepper flakes. Put peels in jar(s) and cover with reserved juice. Seal jar and let sit at room temperature at least 2 days and up to a week. Keep covered and chilled in the refrigerator for up to six months.

The calories and other nutrients absorbed by pickled foods vary and are difficult to estimate. Variables include the type of food, pickling time and amount of surface area. Therefore, this recipe contains no analysis.