

# CHICKEN TAGINE WITH PRESERVED LEMONS

PREPARATION 15 minutes    COOKING 50 minutes    SERVINGS 4

## INGREDIENTS

- 3    *tablespoons extra virgin olive oil*
- 2    *onions, finely chopped*
- 3    *garlic cloves, crushed*
- $\frac{1}{2}$     *teaspoon saffron powder*
- $\frac{1}{2}$     *teaspoon ground ginger*
- 1    *chicken cut up in 6 or 8 pieces*
- $\frac{1}{2}$     *a lemon, juiced*
- 2    *tablespoons of chopped coriander*
- 2    *tablespoons of chopped parsley*
- 2    *peels of small preserved lemons*
- 16    *green or violet olives*
- salt and black pepper for seasoning*

## DIRECTIONS

In a casserole dish, heat the oil and put in the onions. Sauté them, stirring over low heat until they soften, then stir in the garlic, saffron and ginger.

Put in the chicken pieces, and season them with some salt and pepper; then pour in  $1\frac{1}{4}$  cups of water.

While covered, let simmer, turning the pieces over a few times and adding a little water if it becomes dry. Then after 15 minutes, take out the breasts and put them to one side. After continuing to cook the remaining pieces for 25 minutes more, add the breasts back to the pan.

Add lemon juice, chopped coriander, parsley, preserved lemon peel cut into strips, and olives. Simmer uncovered for 5 to 10 minutes, until sauce is thick.

Present the chicken on a serving dish with the olives and lemon peel on top of the meat.

# LENTILS AND SPINACH WITH LEMON

PREPARATION *15 minutes*

COOKING *1 hour*

SERVINGS *6*

## INGREDIENTS

- $\frac{1}{2}$  *pound lentils*
- 1 cup sliced onions*
- $\frac{1}{4}$  *cup olive oil*
- 3 chopped garlic cloves*
- $\frac{1}{4}$  *cup chopped fresh coriander*
- 10 ounces frozen spinach*
- 2 medium potatoes, peeled and sliced*
- $\frac{1}{4}$  *cup freshly squeezed lemon juice*

## DIRECTIONS

Wash and pick over the lentils. Place them in a saucepan, and cover them with water until they boil. Cook them with the cover on for about 20 minutes.

In a large casserole, brown the onions in oil, and stir in garlic and coriander.

Add the spinach and sauté for about 5 to 6 minutes, stir frequently.

Add potatoes, lentils, and enough lentil cooking liquid to cover.

Season with salt and pepper; bring to a boil, lower heat, and let simmer for an hour, or until it is thick and soupy. After, stir in the lemon juice, and serve hot, lukewarm or cold.

# LEMON SURPRISE PUDDING

PREPARATION 1 hour

COOKING 1 hour

SERVINGS 6

## INGREDIENTS

- 3 lemons
- $\frac{1}{2}$  cup of softened, unsalted butter, with
- 4 extra for greasing
- $\frac{2}{3}$  cup vanilla sugar or plain caster sugar
- 3 medium free-range eggs
- $\frac{1}{4}$  cup of plain flour
- 1 cup of milk

## DIRECTIONS

Preheat oven to 350°F, and butter a 2 liter shallow ovenproof dish.

Grate the zest of two lemons, and then juice three lemons. Cream the butter with the sugar and the lemon zest. Then beat in egg yolks one by one, don't panic if the mixture curdles.

Beat in the flour a spoonful at a time, alternating with small amounts of milk and lemon juice. Whisk the egg whites well, mix lightly into the lemon batter. Pour the mixture into a baking dish and stand the dish in a roasting tin. Pour boiling water around the dish until it is about halfway up the sides.

Bake in oven for 40-45 minutes until pudding is golden brown. Serve the pudding hot or warm, with or without cream.

# SPINACH SALAD WITH PRESERVED LEMONS

PREPARATION *10 minutes*

COOKING *5 minutes*

SERVINGS *8*

## INGREDIENTS

- 2 pounds of fresh spinach*
- 3 chopped garlic cloves*
- 4 tablespoons of extra virgin olive oil*
- ½ chopped, preserved lemon peel*
- ½ cup violet olives, pitted and chopped*

## DIRECTIONS

Wash the spinach and remove the stems only if they are thick and hard.

Put the leaves in a large pan, cover it with a lid, and set over low heat until the leaves crumple into a soft mass. They will steam in the water that clings to them in 1 to 2 minutes, drain well.

Heat the garlic in 1 tablespoon of oil in a large pan until the aroma rises.

Add the chopped preserved lemon peel, chopped olives and cooked spinach. Season with salt and pepper, mix well, and cook over high heat for about 2 minutes. Stir in the remaining oil, garnish with the reserved olives, and serve cold.

# SEARED TUNA WITH LEMON DRESSING

PREPARATION *15 minutes*

COOKING *10 minutes*

SERVINGS *4*

## INGREDIENTS

- 1 *lemon, juiced*
- 6 *tablespoons extra virgin olive oil*
- 2 *tablespoons chopped flat-leaf parsley  
or dill*
- 4 *thick tuna steaks*  
*salt to season*

## DIRECTIONS

For the dressing, mix the lemon juice, salt and pepper, with 4 tablespoons of olive oil. Then stir in the chopped parsley or dill. Heat the two remaining tablespoons in oil in a large, preferably nonstick, skillet.

Put in the tuna steaks and cook them over high heat for less than one minute on each side, sprinkling them lightly with salt. To test if finished, cut into one with a pointed knife; the time depends on the thickness of the steak.

Steak should be uncooked and red inside. If you prefer it less rare, cook it a tiny bit longer, but be careful—you can easily spoil tuna by overcooking it. Serve the tuna steaks with the dressing poured over it.

# GRILLED CHICKEN WINGS WITH LEMON

PREPARATION *1 hour*

COOKING *10 minutes*

SERVINGS *4*

## INGREDIENTS

- 3    *tablespoons extra virgin olive oil*
- 1    *juice of 1 lemon*
- 4    *garlic cloves, crushed*
- 16   *chicken wings*
- 2    *tablespoons chopped*  
      *some salt and pepper for seasoning*  
      *some flat-leaf parsley for garnish*

## DIRECTIONS

Mix the olive oil, lemon juice, salt, pepper, garlic, in a dish and place the chicken wings in the marinade.

Leave for 1 hour, covered with plastic wrap and place the dish in to the refrigerator. Remove the wings from the marinade and place them on a piece of tin foil on a baking tray and cook them under a preheated broiler for 7 to 10 minutes, turning them over once.

If it is preferred, barbecue them over glowing embers for the same amount of time. Serve them sprinkled with chopped parsley.

# LEMON AND BLUEBERRY TEACAKES

PREPARATIONS 25 minute

COOKING 35 minutes

SERVINGS 6

## INGREDIENTS

- 1  $\frac{1}{4}$  cups of unsalted butter, extra for greasing the tins
- $\frac{1}{4}$  plain flour
- $\frac{1}{4}$  caster sugar
- $\frac{1}{4}$  ground almonds
- 5 free-range eggs
- 2 lemons worth of grated lemon zest
- 6  $\frac{3}{4}$  tablespoons of lemon juice
- $\frac{1}{2}$  cup of blueberries
- lemon glaze:
- 3  $\frac{1}{2}$  tablespoons lemon juice
- $\frac{3}{4}$  icing sugar

## DIRECTIONS

Preheat oven to 350°F, and leave the 6 small bundt tins in the fridge for a few minutes, then brush with melted butter and then return them to the fridge.

Mix together flour and ground almonds and set aside. With a mixer, cream butter and cream together until pale and fluffy. Then, in a cup mix eggs lightly. Gradually add eggs to butter mix, and beat well. Gently fold in almonds, flour, lemon zest, juice and blueberries. Do not break the blueberries.

Remove tins from fridge and spoon mixture into the tins, reaching all the way up to the edge. Bake in the oven for 30-35 minutes, then let them cool in the tins for 10 min. After, remove the tins so they may finish cooling.

For glaze, whisk lemon juice and icing together, until the consistency is a drizzle. Brush generously over the cakes with a pastry brush.

# LEMON CHEESECAKE BARS

PREPARATION *15 minutes*

COOKING *1 hour*

SERVINGS *6*

## INGREDIENTS

- $1\frac{1}{2}$  cups all-purpose flour
- $\frac{2}{3}$  cups powdered sugar
- $\frac{1}{4}$  teaspoon salt
- $\frac{3}{4}$  cup butter cut into 12 pieces
- $\frac{3}{4}$  cup chopped almonds
- 2 cup soft cream cheese,
- $\frac{2}{3}$  cup granulated sugar
- 3 eggs
- $\frac{1}{3}$  cup fresh lemon juice
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{3}$  cup sliced toasted almonds
- lemon Glaze
- $1\frac{1}{2}$  cups powdered sugar
- 1 tablespoon milk
- 4 tablespoons fresh lemon juice

## DIRECTIONS

Preheat the oven to 350°F, grease baking pan, in a medium mixing bowl, mix flour, powdered sugar, and salt.

Use a pastry blender to mix in the butter until mixture resembles coarse crumbs. Add the almonds and press firmly over the prepared pan and bake for 15 minutes.

In a large mixing bowl, beat cream cheese and sugar until smooth. Add eggs one at a time, beat well. Beat in lemon juice and vanilla and pour it over the baked crust.

Bake for 30 min. Cool in a pan on a rack, until it is about room temperature.

Prepare glaze by mixing powdered sugar, vanilla and milk in a medium bowl.

Sprinkle with sliced almonds. Cover and refrigerate overnight before serving.



# LEMONY ALLSPICE-POTATO SALAD

PREPARATION *30 minutes*

COOKING *30 minutes*

SERVINGS *8*

## INGREDIENTS

- 6 *medium potatoes (about 3 pounds)*
- $\frac{1}{2}$  *cup extra-virgin olive oil*
- $\frac{3}{4}$  *cup lemon juice (4 lemons)*
- 1 *teaspoon ground allspice*
- 1 *teaspoon ground cumin*
- 1 *teaspoon of ground white pepper*
- 1 *teaspoon kosher salt*
- 2 *scallions, chopped*
- 4 *hard-boiled eggs, quartered*
- fresh flat leaf parsley for garnish*

## DIRECTIONS

Boil potatoes in a large pot of salted water over medium high heat, uncovered, for 20 minutes or until tender. Drain, peel the potatoes, and cut them into small chunks while still warm.

Put the potatoes in a medium mixing bowl, while the potatoes are still warm, add the olive oil and lemon juice to the mixing bowl.

Season the potatoes with the allspice, cumin, white pepper, and salt.

Add the scallions, if desired and toss the potatoes gently.

Top with the eggs, if desired, and garnish with parsley. Serve at room temperature.

# PRESERVED LEMONS

PREPARATION *15 minutes*    COOKING *3 to 8 weeks*    SERVINGS *5*

## INGREDIENTS

- 15** *lemons, plus more if needed*
- ½** *cup kosher salt*
- 2** *tablespoons black peppercorns*
- 1** *tablespoon coriander seeds*

## DIRECTIONS

Juice 10 lemons and cut the remaining 5 into quarters, leaving them attached at one end. Do not cut the lemons all the way through.

Sprinkle the insides of the quartered lemons with a little salt and in a clear container, sprinkle half the remaining salt and half the peppercorns and coriander.

Place the quartered lemons on top and add the remaining salt, peppercorns, and coriander. Pour the lemon juice over the quartered lemons and place a plate or something else on top to weight the lemons down and keep them under the juice. Then cover tightly and refrigerate for at least 3 weeks or up to 8 weeks before using.