

## Basic Meyer or Eureka Lemon Marmalade

12 lemons (about 3 lbs)  
8 cups water  
7 cups sugar  
Special equipment:  
Cheesecloth  
Kitchen string

Halve lemons crosswise and remove seeds. Tie seeds in a cheesecloth bag. Quarter each lemon half and thinly slice. Combine with bag of seeds and water in a 5-quart nonreactive heavy pot and let mixture stand, covered, at room temperature 24 hours.

Bring lemon mixture to a boil over moderate heat. Reduce heat and simmer, uncovered, until reduced to 4 cups, about 45 minutes. Stir in sugar and boil over moderate heat, stirring occasionally and skimming off any foam, until a teaspoon of mixture dropped on a cold plate gels, about 15 minutes.

Pour hot marmalade into jars, filling to within  $\frac{1}{2}$  inch of top. Wipe rims with dampened cloth and seal jars with lids. Put jars in a water-bath canner or on a rack set in a deep pot. Add enough hot water to cover jars by 1 inch and bring to a boil. Boil jars, covered, 5 minutes and transfer with tongs to a rack. Cool jars completely. Marmalade keeps, stored in a cool, dark place, up to 1 year. Yields 12 (1/2-pint) jars

## Lemon "Liver-Cleansing" Salad Dressing

1/2 cup of olive oil  
2 medium cloves of garlic  
1 3" squirt of anchovy paste (optional)  
1 Meyer or Eureka lemon  
pinch of salt

Put oil in a rounded wooden salad bowl. Chop garlic fine and put in oil. Crush and mash the garlic with the back of a wooden spoon in the oil. You want to infuse the oil with the flavor of garlic. Then remove the remains of the garlic and discard. Add the anchovy paste and blend with a small whisk or fork. (Add more paste to suit your taste.) Squeeze lemon into the bowl and continue to blend. Add salt to taste.

This is a great to use as a light alternative to a Caesar Salad dressing- it's excellent with romaine lettuce, croutons and grated parmesan cheese.

## Everlasting Lemonade

This simple recipe requires only lemon juice, sugar and water- one cup of each. (Reduce the amount of sugar if you want your lemonade less sweet or if you are using Meyer lemons which are naturally sweeter than standard lemons.)

The secret to perfect lemonade is to start by making sugar syrup, also known as "simple syrup". Dissolving the sugar in hot water effectively disperses the sugar in the lemonade, instead of having the sugar sink to the bottom.

In a small saucepan heat the sugar and water until the sugar is dissolved completely. While the sugar is dissolving, use a juicer to extract the juice from 4 to 6 lemons, enough for one cup of juice. Add the juice and the sugar water to a pitcher. Add around 4 cups of cold water, more or less to the desired strength. Refrigerate 30 to 40 minutes. Serve with ice, sliced lemons.

This recipe folder was produced for the Lemon Preserving Workshop held on April 12, 2008 at the San Jose Institute of Contemporary Art. The workshop is a part of the project: Lemon Everlasting Backyard Battery, created for the exhibition: This Show Needs You, by Susanne Cockrell and Ted Purves with Joe McHenry. The photo and statement on the front of the brochure are by Colleen Arakaki. For more information, visit [www.amityworks.org](http://www.amityworks.org).



...these lemons are from my neighbor's yard. We share a gate at the back of our yards, a "good neighbor gate". I saw Brad pruning his tree, so I asked for whatever he was getting rid of. He had 3 or 4 (or 5 or 6) bags...



## Preserved Lemons

Prepare these remarkable pickles for a Moroccan tagine or to flavor a seafood soup, a vegetable salad, a poached chicken, or a stuffing. Preserved lemons will keep for 1 year as long as they are completely covered with salted juice and not contaminated by bacteria. For this reason, remove the lemons not with your fingers but with clean, dry tongs.

### Ingredients:

1/3 cup coarse kosher salt

8-10 ripe, juicy lemons

Fresh squeezed and strained lemon juice

Spoon 2 tablespoons of the salt into a sterilized wide-mouthed quart jar. Wash, dry, remove any stem bits, and set in a warm oven for 5 minutes to finish drying (moisture in the peel can cause spoilage).

Roll the lemons on the counter to release their juice. Quarter a lemon lengthwise, stopping 1/2 inch from the bottom so the quarters fan out but remain attached at one end. Gently open the lemon and sprinkle the 8 surfaces with 1/2 teaspoon of the salt. Carefully squeeze the lemon's juice into a bowl—a wooden reamer is the ideal tool, or squeeze with your hands. Close the lemon, pack into the jar, and add its juice. Continue with the remaining lemons, sprinkling each layer with 1-1/2 teaspoons salt. If the juice does not cover the lemons when all are in the jar, it is imperative to add lemon juice to cover. Leave a 1/2-inch space at the top of the jar. Force out the air bubbles by sliding a narrow spatula between the lemons and the side of the jar.

Slowly turn the jar while moving the spatula up and down, forcing up any bubbles of air. Be sure the lemons are still covered with liquid and there is only a 1/2-inch head space. If necessary, add more liquid and force out the bubbles again. Wipe the rim of the jar. Fold a square of plastic wrap to make 4 layers and place over the top, then tightly cap the jar. Place on a saucer in a warm place—it can be in the sun—and cure for 1 month. Each day, turn the jar upside down to redistribute the salted juice. After the curing period, refrigerate or keep in a cool, dry place. To serve a lemon, rinse under cold running water. When the lemons are all gone, add the juice to salad dressing. Yields one 1-quart jar.

## Moroccan Chicken

2 teaspoons paprika

1 teaspoon ground cumin

1 teaspoon ground ginger

1 teaspoon turmeric

1/2 teaspoon cinnamon

1/4 teaspoon freshly ground pepper

2 Tbsp olive oil

1 chicken, 3-4 lbs, cut into 8 pieces (or 3-4 lbs of just chicken thighs and legs, the dark meat is more flavorful)

Salt

3 cloves garlic, minced

1 onion, chopped

The peel from 1 preserved lemon, rinsed in cold water, pulp discarded, peel cut into thin strips

1 cup green olives, pitted

1/2 cup water

1/2 cup raisins

1/4 cup chopped fresh cilantro

1/4 cup chopped fresh flat-leaf parsley

Combine all the spices in a large bowl. Pat dry the chicken pieces and put in the bowl, coat well with the spice mixture. Let the chicken stand for one hour in the spices.

In a large, heavy bottomed skillet, heat the olive oil on medium high heat. Add the chicken pieces, sprinkle lightly with salt (go easy on the salt, the olives and lemons are salty), and brown, skin side down for five minutes. (If you are using a clay tagine, you will skip the browning step, heat only to medium heat and use a heat diffuser on the heating element to prevent the tagine from cracking.) Lower the heat to medium-low, add the garlic and onions. Cover and let cook for 15 minutes.

Turn chicken pieces over. Add the lemon slices, olives, raisins, and 1/2 cup water. Bring to a simmer on medium heat, then lower the heat to low, cover, and cook for an additional 30 minutes, until the chicken is cooked through and quite tender.

Mix in fresh parsley and cilantro right before serving. Adjust seasonings to taste. Serves 4 to 6. Serve with couscous, rice, or rice pilaf.

*The ever-present lemon tree in thousands of urban yards reflects the confluence of this region's early agricultural history and its enduring popularity as an emblematic California lawn "accessory". Lemons of many varieties grow easily and constantly in our climate, making each tree a powerful generator of flavor and healthful, caloric energy. While many people manage to use a portion of the fruit each tree produces, it is nigh impossible to use it all. For thousands of years, human cultures have been presented with the predicament of how to make the harvest's surplus not go to waste, spawning cultural practices of pickling, preserving and curing, as well as fostering traditions of bartering, sharing and festival. Indeed, the challenge of making the harvest last can be seen as one of the fundamentals upon which social economies and community traditions are constructed. While it might seem that contemporary urban life is cut off from these agricultural histories, upon closer inspection one finds that the citizens of our cities continue to creatively participate in them. Through preserving, cultivating and sharing, the stored energy and culinary potential that springs from the soil of their yards and alleys shines forth as an overlooked but enduring resource.*