

Serves 6  
Cooking Time 1hr 20min

# Lentils with Spinach & Lemon

**16 oz** lentils  
**1 cup** sliced onions  
**¼ cup** olive oil  
**3** cloves garlic, peeled and finely chopped  
**¼ cup** chopped, fresh coriander  
**10 oz** frozen spinach leaves  
**2** potatoes, peeled and sliced  
salt and ground pepper  
**¼ cup** freshly squeezed lemon juice, or more to taste

1. Wash and pick over the lentils. Place in a saucepan and cover with water. Bring to a boil. Cook, covered, about 20 min.
2. Meanwhile, in a large casserole, brown the onions in oil. Stir in the garlic and coriander.
3. Add the spinach and sauté 5 to 6 min, stirring frequently. Add the potatoes, lentils, and enough lentil cooking liquid to cover. Season with salt and pepper.
4. Bring to a boil, lower the heat, and simmer 1 hour or until thick and soupy. Stir in the lemon juice.
5. Serve hot, lukewarm or cold.

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# Lemon Surprise Pudding

**3** lemons  
**13 ½ oz** unsalted butter, softened, plus extra for greasing  
**6 oz** vanilla sugar or plain caster sugar  
**4** medium eggs  
**3 oz** plain flour  
**17 fl oz** milk

1. Preheat the oven to 350F.
2. Butter a 3½ pint shallow ovenproof dish.
3. Grate the zest from two of the lemons, then squeeze the juice out of all three.
4. Cream the butter with the sugar and lemon zest. Beat in the egg yolks one by one. Do not panic if the mixture curdles. Next beat in the flour a spoonful at a time, alternating with slurps of milk and lemon juice.
5. Once that is all in, whisk the egg whites until they form stiff peaks, and fold lightly into the lemon batter. Pour the mixture into the baking dish, then stand the dish in a roasting tin.
6. Pour enough boiling water around the dish to come about halfway up the sides.
7. Bake in the oven for 40-45 min or until goldenbrown.
8. Serve hot or warm, with or without cream.

Serves 4  
Cooking Time 1hr 30min

# Tagine of Chicken

**3 tbsp** extra virgin olive oil  
**2** onions, grated or very finely chopped  
**2 to 3** garlic cloves, crushed  
**1/2 tsp** crushed saffron threads or saffron powder  
**1/4 to 1/2 tsp** ground ginger  
**1** chicken, cut up in 6 or 8 pieces  
Salt and black pepper  
Juice of **1/2** lemon  
**2 tbsp** chopped coriander  
**2 tbsp** chopped flat leaf parsley  
Peel of **1 large** or **2 small** preserved lemons cut into strips  
**12 to 16** green or violet olives

1. In a wide casserole or heavy-bottomed pan, heat the oil and put in the onions.
2. Sauté, stirring over low heat until they soften, then stir in the garlic, saffron and ginger.
3. Put in the chicken pieces, season with salt and pepper, and pour in about 1 1/4 cups water. Simmer, covered, turning the pieces over a few times and adding a little water if it becomes too dry.
4. Lift out the breasts after about 15 min and put them to one side. Continue cooking the remaining pieces for about 25 min, after which time return the breasts to the pan.
5. Stir into the sauce the lemon juice, the chopped coriander and parsley, the preserved lemon peel, and the olives.
6. Simmer uncovered for 5-10 min, until the reduced sauce is thick and unctuous. If there is too much liquid, lift out the chicken pieces and set aside while you reduce the sauce further, then return the chicken to the pan and heat through.
7. Present the chicken on a serving dish with the olives and lemon peel on top of the meat.

Serves 6-8  
Cooking Time 30min

# Spinach, Lemon & Olive Salad

**2 lbs** fresh spinach  
**3** garlic cloves, chopped  
**3 to 4 tbsp** extra virgin olive oil or argan oil  
Peel of **1/2** preserved lemon, chopped  
**1/2 cup** violet olives, pitted and chopped  
Salt and black pepper

1. Wash the spinach and remove the stems only if they are thick and hard.
  2. Put the leaves in a large pan, cover 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 min. Drain well.
2. Heat the garlic in 1 tbsp of oil in a large pan until the aroma rises. Add the chopped preserved lemon peel, the chopped olives and the cooked spinach. Season with salt and pepper, mix well, and cook over high heat for a moment or two.
3. Stir in the remaining oil, garnish with the reserved olives, and serve cold.

Serves 4  
Cooking Time 30min

## Seared Tuna with Lemon Dressing

Juice of **1** lemon  
Salt and black pepper  
**6 tbsp** extra virgin olive oil  
**2 tbsp** finely chopped  
flat-leaf parsley or dill  
**4** thick tuna steaks

1. For the dressing, mix the lemon juice, salt and pepper, and 4 tbsp of olive oil, then stir in the chopped parsley or dill.
2. Heat the 2 tbsp of remaining 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.
3. To test for doneness, cut into one with a pointed knife; the time depends on the thickness of the steak. It 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.
4. Serve the tuna steaks with the dressing poured over.

Serves 4  
Cooking Time 1hr 30min

## Grilled Chicken Wings with Lemon & Garlic

**3 tbsp** extra virgin olive oil  
Juice of **1** lemon  
Salt and black pepper  
**2 to 4** garlic cloves, crushed  
**16** chicken wings  
**2 tbsp** chopped flat-leaf  
parsley

1. Mix the olive oil, lemon juice, salt, pepper, and garlic, and place the chicken wings in the marinade.
2. Leave for 1 hr, covered with plastic wrap, in the refrigerator.
3. Remove the wings from the marinade and place them on a piece of foil on a baking tray and cook them under a preheated broiler for 7 min, turning them over once. Or barbeque them over glowing embers for the same amount of time.
4. Serve them sprinkled with chopped parsley.

Serves 4  
Cooking Time 1hr 45min

# Lemon & Blueberry Teacakes

**1 cup and 8tsp** unsalted butter,  
plus melted butter for greasing the tins  
**13 tsp** plain flour  
**1 cup and 8tsp** caster sugar  
**1 cup and 8tsp** ground almonds  
**5** eggs  
Grated zest of **2** lemons  
**100 ml** lemon juice  
**8 tbsp** blueberries  
**Lemon Glaze**  
**50 ml** lemon juice  
**10 tbsp** icing sugar

1. Preheat the oven to 338°F . Leave 6 small bundt or kugelhupf tins in the fridge for a few minutes, then remove and brush with plenty of melted butter. Return them to the fridge.
2. Mix together the flour and ground almonds, set aside. Cream the butter and cream together until fluffy. Break the eggs into a cup and mix lightly. Gradually add the eggs to the butter mix, beating well until each has been fully incorporated. If the mixture looks as if it has split, add a little of the almond and flour mixture. Once all the egg is incorporated, gently fold in the almonds and flour, lemon zest, juice and blueberries.
3. Pipe or spoon mixture into the tins moulds from the fridge, reaching all the way up to the edge. Level the mixture, and if necessary clean the edges clean the edges. Bake in the oven for 30-35 min. Remove them from the oven and let them cool for 10 minutes, then turn out onto a wire rack and leave to cool completely.
4. To make the glaze, whisk the lemon juice and icing sugar together in a bowl, adding more lemon juice or sugar if necessary to make an icing with a drizzling consistency. Spoon it liberally over the cakes or with a pastry brush, letting the icing drip down the sides.

Serves 4  
Cooking Time 1hr 45min

# Lemon Cheesecake Bars

**1½ cups** all-purpose flour  
**2/3 cups** powdered sugar  
**½ tsp** salt  
**¾ cup** cold butter, cut into 12 pieces  
**¾ cup** chopped toasted almonds  
**16 oz** cream cheese, softened  
**2/3 cup** granulated sugar  
**3** eggs  
**1/3 cup** fresh lemon juice  
**½ tsp** vanilla extract  
**1/3 cup** sliced toasted almonds  
**Lemon Glaze**  
**1½ cups** powdered sugar  
**1 tbsp** milk  
**2-4 tbsp** fresh lemon juice

1. Preheat oven to 350 F. Grease a 9x13-in baking pan.
2. In a medium bowl, mix flour, powdered sugar, and salt. Use a pastry blender to cut in butter until mixture resembles coarse crumbs. Stir in chopped almonds. Press firmly over prepared pan. Bake 15 min before topping with cheese mixture.
3. In a large mixing bowl, beat cream cheese and sugar until smooth. Add eggs one at a time, beating well after each addition. Beat in lemon juice and vanilla. Pour over baked crust. Bake 22-28 min, or until firm. Cool in pan on rack to room temperature.
4. Prepare glaze by mixing powdered sugar, vanilla and milk in a medium bowl. Add enough lemon juice to make a thick smooth glaze. Sprinkle with sliced almonds.
5. Cover and refrigerate overnight before serving. Do not freeze.

Serves 6-8  
Cooking Time 1hr 30min

# Lemony Allspice-Cumin Potato Salad

**6** potatoes (about 3 pounds)  
**¼ cup** extra-virgin olive oil  
**¾ cup** freshly squeezed lemon juice (about 4 lemons)  
**1 tsp** ground allspice  
**1 tsp** ground cumin  
**1 tsp** ground white pepper  
**1 tsp** kosher salt  
**4** scallions, chopped (optional)  
**2** hard-boiled eggs, quartered and chopped  
Fresh flat leaf parsley for garnish

1. Boil the potatoes in a large pot of salted water over medium-high heat, uncovered, for 20 min, or until tender.
2. Drain, peel the potatoes, and cut them into small chunks while still warm. Put the potatoes in a medium mixing bowl.
3. 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.
4. Toss the potatoes gently. Top with the eggs, if desired, and garnish with parsley. Serve at room temperature.

Serves 5  
Preptime 1-2 months

# Preserved Lemons

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

1. Juice 10 of the lemons, then cut the remaining 5 into quarters, leaving them attached at one end—don't cut all the way through.
2. Sprinkle the insides of the quartered lemons with a little salt.
3. In a clear plastic or glass container, sprinkle half the remaining salt and half the peppercorns and coriander. Place the quartered lemons on top. Add the remaining salt, peppercorns, and coriander.
4. Pour the lemon juice over, which should be enough to cover the quartered lemons; if not, squeeze enough extra lemons to cover them with juice.
5. Place a plate or something else on top to weight the lemons down and keep them under the juice. Cover tightly and refrigerate for at least three weeks or up to 2 months before using.