

Perfectly preserved lemons

New from Riverford...Preserved Lemon Kit



Whether you are an experienced pickler or a preserving novice, Riverford's new Preserved Lemon Kit will add colour to your kitchen shelf and an exotic zing to your cooking. Developed by Riverford's pickling guru, Anna Colquhoun, the kit is an easy and tasty way to start pickling at home and add a North African flavour to your food.

The kit contains everything needed to make two half litre jars of Riverford's fragrant organic lemon preserve, including 12 organic unwaxed lemons, spices including cinnamon, cloves, a bay leaf, peppercorns and coriander seeds; as well as Anna's fail-safe preserve recipe and Riverford jam jar labels (salt is not included). They are really easy to make and make great gifts.

"Preserved lemons are a staple in the Moroccan kitchen, used to add a unique aromatic and sour note to numerous dishes. They are fantastic chopped up and added to chicken and olive tagine, chickpea and couscous dishes, salads and herby garnishes for fish and rich stews. They are made by lactofermentation which gives them their distinctive flavour and aroma."

Anna Colquhoun, Riverford's preserve expert

Riverford's Preserved Lemon Kit costs £5.49 and can be delivered to your door along with all your other Riverford products and veg. The kit contains enough produce for two half litre kilner jars, which are available separately online for £2.85 each. Available to order from 1st February 2013, while stocks last.

ENDS

For more information, photography or samples, please contact Rose at Story PR on 02072686821 or email rose@storypr.co.uk

NOTES TO EDITORS

Background information

Riverford began in Devon in 1987, delivering organic vegetables to 30 local homes. Word spread, and with it came the challenge of how to meet demand without compromising a commitment to local growing and employment, supporting local farmers and keeping a close link between grower and consumer. The solution was to team up with sister farms who share the same ethos, growing and delivering to their local areas. There are now four Riverford sister farms in the UK: the original Wash Farm in Devon, growing and delivering to homes in the South West and South East; Sacrewell Farm in Cambridgeshire covering East Anglia and the Midlands; Home Farm in North Yorkshire covering the North and Upper Norton Farm in Hampshire covering central Southern England. Together, the four sister farms deliver to around 40,000 homes in the UK each week.

The company has won many awards including Best Online Retailer 2010 and 2011, and Best Ethical Business 2009 in the Observer Ethical Awards, Best Organic Retailer 2009, the Fruit and Vegetable category in the 2009 Soil Association Awards plus Best Independent Retailer in the RSPCA Good Business Awards. Its restaurant the Riverford Field Kitchen won Best Ethical Restaurant 2009 and 2010 in the Observer Food Monthly Awards. Riverford's first book, the Riverford Farm Cook Book, was published in September 2008 by Fourth Estate and won Best First Book 2009 and Work on British Food 2009 at the Guild of Food Writers Awards. This was followed by a second book in 2011, Everyday and Sunday, Recipes from Riverford Farm.

In 2010 Riverford launched a "Riverford Cooks" campaign to inspire people to cook from scratch using a vegbox. Riverford Cooks work up and down the country in their local communities on activities from cooking lunches in people's homes through to public cookery workshops and demos. To find out about events in your local area and swap recipe ideas join the online Riverford Cooks community at <http://cooks.riverford.co.uk>.

Recipe from Anna Colquhoun, November 2012

a half-litre clip-top preserving jar with rubber ring seal
6 unwaxed lemons, with beautiful skins, scrubbed clean
6 tbsps fine salt (pure, with no anti-caking agents)
half a cinnamon stick
one bay leaf, fresh or dried
2 cloves
4 black peppercorns
6 coriander seeds

1. Remove the rubber seal from the preserving jar and sterilise the jar in the oven, as described in the preserving guidelines. Sterilise the rubber seal by boiling it in a pan of water for ten minutes.
2. Reassemble the jar and sprinkle in a tablespoon of salt.
3. Cut the stem ends off four of the lemons. You need only cut off a very small amount. Hold a lemon with the cut end up and make a vertical incision through the centre but do not cut the lemon in half - stop about a centimetre before the bottom. Make a second cut perpendicular to the first, as if cutting the lemon into 4 wedges, but again stop short of the end. Repeat with remaining three lemons.
4. Working over a small bowl, prise open a lemon and liberally sprinkle salt inside, coating all cut surfaces. You'll need nearly 1 tbsp per lemon. Place it in the jar. Repeat with remaining three lemons, using salt caught in the bowl as well. Stuff them tightly in the jar, squishing out their juices and dropping in the spices as you go. Sprinkle a final tablespoon of salt on the very top.
5. Squeeze the juice from the remaining two lemons and use it to top up the level of juice in the jar so that all lemons are covered. If needed place some kind of weight inside the jar to ensure lemons are submerged. If there does not seem to be enough juice, squish the lemons in the jar a bit more and let the jar sit overnight; by the next day they should have released enough juice to cover themselves. If not, top up with the juice of an extra lemon.
6. Leave the jar in a warm room for one month while the lemons ferment. If using a clip-top preserving jar with rubber seal, you can clamp it shut as they're designed to let out gas. If using a regular jar, leave it loosely closed, or cover with muslin instead, so that gas can escape as the lemons ferment. Every couple of days give the jar a shake to help dissolve the salt.

7. Now transfer the jar to a cool place and tighten lid. Try to wait at least another month before using; the longer you keep them, the better they'll get. Eventually the liquid will turn deliciously syrupy.
8. To use, spoon out a lemon and rinse it. Pull apart the segments and cut away the flesh and pips. Slice the rind into dice, slithers or however desired. (The flesh is usually too salty to use.) The lemons should keep for at least a year. When making your next batch you can reuse the juice from the previous jar.