



The San Diego Union-Tribune

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WEDNESDAY • MAY 27, 2020

SECTION E

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Food

RECIPES

Lemon Sicilian Marmalade
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Fresh Lemon Syrup
12

SINGING

LEMON'S

PRAISES

Capture the tart, tangy freshness of the fruit in syrup, marmalade, preserves and a tall, icy glass.

BY DANIELA CALARCA

L is for life, given "I Lemons!" ("The Lemons"), Wagner Moutale calls the word of lemon "a resilient word, one raising up the heart" and "youth" and the fruit itself "sunlight's golden trumpet" that "pours their songs into our souls." Like for nostalgia, lemons are a kitchen mainstay and a cook's favorite pantry stock, pulled out for syrups and delights like the rainbow of preserves up a magnificent lemon. "Cook without lemons?" Alice Waters wrote in "The Food Book" (2001), "I'm not kidding!" Unfortunately for those who don't live in Southern Italy, the Mediterranean, lemon groves are few and far between, unless you live in California. For easy elsewhere in the United States, acquiring lemons requires a trip to the grocer. Fresh lemons last up to a week at room temperature, and two in the fridge — depending on your kitchen's temperature and humidity. But lemons' final fragrances and tart flavor are easy to preserve in pickles, marmalade and pantry shelf-stable marmalades.

Note: Always stir preserved lemons in a popular option, requiring only lemon, salt and time for a pickle. Use cold lemon that adds a splash of zucker to every dish of all sorts. The process is simple: Cut lemons into quarters, and cool, cut, combine with salt at a ratio of 1 teaspoon of salt to 1 lemon. Then, into jars, and let.

12 LEMONS • 12

PHOTOGRAPHY: JEFFREY M. HARRIS

RESTAURANT TAKEOUT OPTIONS

Central San Diego

Barleymash, Gaslamp: The Spring/Summer 2020 menu includes lunch and dinner specials like Oven Roasted Beer-Brined Chicken Wings, The Champ Burger, flatbreads, iron fries and barleymacs (cavatappi noodles with beer-cheese sauce). Open daily from noon to 8 p.m. for pickup and to-go orders. Order online or call (619) 255-7373 to order. barleymash.com.