

FERMENTED RADISHES

In a small saucepan over high heat, bring water and salt to the boil. Remove from the heat and stir until the salt has dissolved; allow the brine to cool to room temperature. Sterilise a wide-mouthed 500 ml glass jar. Pack the radishes in the jar and cover with cooled brine, leaving about 4 cm headspace. Ensure all the radishes are completely covered in brine. Let the jar sit at room temperature for 5 to 7 days or until the brine goes slightly cloudy and the radishes taste quite tart. Fermenting radishes takes some of the sharpness out of their flavour and creates a sweeter, almost garlicky, taste. Use them in salads.

Makes 1 large jar

500 ml water
22 ml sea salt
700 g fresh radishes, washed and trimmed

PRESERVED LEMONS

Soak the lemons in lukewarm water for 3 days, changing the water daily. Sterilise a large wide-mouthed glass jar. Quarter the lemons from the top to within 1 cm of the bottom, and pack coarse salt into them. Place 1 tablespoon salt on the bottom of the jar. Pack the lemons in the jar, pushing them down and layering with the spices. Cover with a mixture of lemon juice and water. Keep in a warm place for 2 months. Preserved lemon is a firm favourite in North Africa, especially in Morocco, where it is served with almost every meal. This ancient way of preserving lemons goes well with fragrant lamb dishes, roast chicken and tagines, like the lamb and prune tagine on pg 201.

Makes 1 large jar

5 lemons
65 g coarse salt
5 to 6 coriander seeds
3 to 4 black peppercorns
1 bay leaf
200 ml lemon juice
200 ml water

PICKLED CUCUMBERS

Sterilise a wide-mouthed glass jar. Combine vinegar, water and salt in a saucepan and bring to the boil. Turn off the heat and leave to cool. In the meantime, cut a thin slice from the ends of each cucumber. Place the garlic clove, dill head and dill seeds in the jar and pack in the cucumbers tightly. Pour the vinegar mixture over the cucumbers, leaving 4 cm headspace. Seal the jar and keep in the fridge for 2 weeks. Pickled cucumbers have a lovely tangy taste and are great on sandwiches, cheese boards and cured meat platters. Some people prefer to eat them as a snack or use the pickling juice in cocktails.

Makes 1 large jar

500 ml white vinegar
500 ml water
25 ml pickling salt
8-10 mini cucumbers
1 small garlic clove
1 fresh dill head
5 ml dill seeds

