



🕒 Prep: 30 minutes
Pickling Time: 2 hrs - overnight

🍴 Serves: Many

Pickled Onions

Pickling an onion is a way to change the flavor and astringency into something more palatable and versatile for many people. It's also an easy way to extend the life of your onions (or other produce) that might not last much longer in their raw state.



Ingredients

1 lb of red onions
2 cups of vinegar
2 tsps pickling salt
(or to taste)
1 tbsp sugar
(optional, or to taste)
1-2 tsps add-ins
(cinnamon stick,
chili flakes,
peppercorns, to
taste)

Equipment

Measuring cups, spoons
Kettle/saucepan for
heating brine)
Knife
Cutting board
Canning jar or other
airtight container
"Pickle pebble" or other
weight to hold onions
under the brine
(optional)

Method

- 🍃 Prepare your produce and place it in a clean container
- 🍃 Prepare any "add ins" like spices and herbs, if your using them, and put them in your container
- 🍃 Prepare the brine and pour it over the produce and add-ins
- 🍃 Use a pickle pebble to weigh down the produce under the brine, if desired, put a lid on your container, and stash it in the fridge
- 🍃 Let pickle at least a couple hours or overnight before enjoying

Notes

- 🍃 Customize your "add ins" with spices and herbs that suit your taste.
- 🍃 Whole spices and herbs make a more attractive jar than ground.
- 🍃 Weigh down your produce with a zip-lock bag with some water in it if you don't have a Pickle Pebble.



Watch the Video