

# PICKLED RED ONIONS – QUICK METHOD

*Chefsville  
Kids*

## COOKEE'S TOOL KIT

Measuring cups and spoons  
Cutting board  
Chef's knife or paring knife  
Wooden spoon or spatula  
Small pot  
Mason jar or heat resistant  
storage container  
Adult Supervision



Picture Credit:  
[www.gimmesomeoven.com](http://www.gimmesomeoven.com)

## Ingredients

- 1 large red onion, peeled and sliced very thin
- $\frac{3}{4}$  cup apple cider vinegar
- $\frac{1}{3}$  cup water
- 1 teaspoon fine sea salt
- 1-2 tablespoons sweetener (such as maple syrup, honey, sugar, etc.)

## Directions

1. Prepare the pickling mixture by combining the vinegar, water, salt and sweetener and any seasonings desired. Bring the mixture to a simmer either using stove or microwave oven.
2. Thinly slice the onion while the vinegar mixture is heating up. Slice as thin as possible.
3. Place sliced onions into a mason jar or a storage container that can handle heat. Add the hot vinegar mixture, then let the mixture rest for 30 minutes. Be sure that all of the onion is completely submerged. If not, then mix up the mixture.

Recipe Notes: Serve on anything where you want a slight oniony pickle to cut through the richness of a dish.

The beautiful thing about this is that the onions can be par-blanching; and pickling seasoning can added/changed to carry any flavor desired. Make it garlicky, peppery, herby, use citrus juice instead of vinegar; or use thicker onion slices – store for 2 weeks in refrigerator.

Serves: 10

Time: 5 minutes  
Cooking time: 30 minutes

