



Pickled Red Onions

Ingredients:

1 large red onion

1 1/2 cups white vinegar

1/2 cup sugar

Spices:

1/2 cinnamon stick

5 whole cloves

1 bay leaf

dash red pepper flakes or small dried chile

cumin seeds

fennel seeds

black peppercorns

other options: fresh ginger slices, whole garlic cloves, mustard seeds, allspice berries, star anise

Instructions:

Slice the red onion very thinly into rounds, or cut in half and then slice. Bring a medium saucepan of water to a boil. Blanch the onion in the boiling water for 2 minutes. Drain in a colander.

While you are waiting for the water to boil in the first step, mix the vinegar, sugar and spices in a separate medium saucepan. Bring to a boil and then simmer for 5 minutes.

Add the blanched, drained onions to the spice mixture and simmer for 1 more

minute. Transfer the mixture to a glass jar (a 10-11oz jar is a perfect fit). Allow to stand until cooled. Will keep for several weeks in the fridge.