



PICKLING ONIONS

TIP

If your onions are quite small you can add the boiling water to them unpeeled. Once they are cool, drain them & then peel & trim them; it can make it a bit easier.

HINT

When boiling the vinegar, try to use a stainless steel pan. Enamel, copper or iron will react with the vinegar.

FACT

Pickling onions (& other vegetables) is a great way to preserve vegetables for the winter months & add a delicious piquant flavour to all sorts of meals.

THE PERFECT PICKLING RECIPE

No Ploughmans is complete without a pickled onion or two, they are also delicious with pork pies or sliced & added to a sandwich with strong Cheddar.

You will need:

- 750g pickling onions, peeled, roots & tops trimmed
- 40g sea salt
- 1 tbsp Wilton Wholefoods Pickling Spices
- 800ml malt vinegar
- 150g sugar (you can also use honey)
- Sterilised jars (makes enough to fill two 400g jars)

- Place the onions into a large bowl & pour over boiling water to cover. Leave to cool (10-15 mins) then drain well.

- Add the salt to the onions, ensuring salt is covering all the onions, cover & leave overnight.

- Rinse the onions well & dry with kitchen roll, then pack into your sterilised jars.

- Pour the vinegar, sugar & pickling spices into a pan & slowly bring to the boil. Ensure the sugar is dissolved.

- Pour the vinegar mix over the onions, make sure there are no air pockets & seal the jars.

- Store in a cool, dark place for at least two weeks before enjoying.

*This recipe works well with beetroot but also cucumbers, peppers, carrots & radishes too. Just skip the boiling stage & go straight to the salting stage!

