

## How to make pickled onions

### Ingredients

¼ cup salt  
100ml boiling water  
900ml water  
1kg baby onions  
1 cup red wine vinegar  
2 cups white vinegar  
1 Tbsp pickling spice (*see below for a recipe to make your own*)  
1 cinnamon stick  
½ cup brown sugar  
1 cup balsamic vinegar  
2 fresh rosemary sprigs  
*For the pickling spice:*  
6 Tbsp mustard seeds  
3 Tbsp whole all spice  
6 tsp coriander seeds  
6 whole cloves  
3 tsp ground ginger  
3 tsp red pepper flakes  
3 bay leaves  
3 cinnamon sticks

### Method

1. Dissolve the salt in 100ml of boiling water. Mix this salt solution with the rest of the water to make brine. Place the onions in a large bowl and cover with the brine. Using a bowl or a plate (slightly smaller than the large bowl in circumference), weigh the onions down to ensure that they are all completely immersed in the brine. Cover and leave to stand for at least 24 hours at room temperature.
2. To make your pickling spice, crush the bay leaves and cinnamon sticks and mix all the ingredients together.
3. Combine the red wine vinegar, white vinegar, pickling spice, cinnamon stick and brown sugar in a small saucepan over medium heat. Stir continuously until the sugar has completely dissolved. Bring to the boil and immediately remove from heat. Leave it to cool slightly before stirring in the balsamic vinegar. Cover and leave to stand at room temperature with the onions, allowing the flavours to infuse.
4. After 24 hours, drain the onions and neatly pack them into sterilised jars.
5. Pour the vinegar and spice mixture through a sieve or colander, discarding the spices.
6. Pour the pickling juice into the jars, covering the onions completely. Insert fresh rosemary sprigs into the jar/s and seal.
7. Store in the refrigerator for at least 2 weeks before eating. Safely keeps for 3 months in the refrigerator. Fills a 1,25 litre jar.