

Sweet Pickled Onions

Recipes kindly provided by Phil Ackley (our Culinary Consultant)

INGREDIENTS

3 lb pickling onions
Sea salt
Cloves
Fresh chillies
14 oz sugar
2 pints white wine vinegar

PREPERATION AND BOTTLING

Top and tail the onions, do not cut too far down the onion or they will fall apart.

Leaving the skins still on pour boiling water over the onions and leave to blanch for 30 seconds, cover with cold water and peel them under water This will prevent the surfaces oxidising and toughening up. Place the peeled onions in a clean bowl and sprinkle with salt between each layer. The salt will draw the moisture from the onions making a pleasant crunch.

Cover with a clean cloth and leave overnight

Next day rinse the onions and dry thoroughly, place the onions in sterilised jars (jars and lids can be sterilized by scalding with boiling water) .In each jar with the onions place ½ a chilli, 2 cloves and a blade of mace

Boil up the sugar and vinegar for 1 minute then pour the hot liquid over the onions then seal the jars
Leave the onions 2 to 3 weeks before eating; they will keep for at least 6 months.

If you prefer a hotter pickle you can increase the chilli, for a change add a clove of garlic or a bay leaf to the jar

Jars, lids, labels etc can be bought from
www.lakeland.co.uk and go to the preserving section
or visit the shop at Lakeland, 227 Wimslow Road,
Handforth, Cheshire. SK9 3JX