

Quick Pickled Red Onions

Pickled onions add a special touch to just about everything from sandwiches to salads, but don't worry if you don't have any on hand! With this recipe you can have freshly pickled red onions in a little over an hour!

Ingredients:

½ c. cider vinegar

1 Tbsp sugar

1 and ½ tsp Kosher salt (less if using sea salt or table salt)*

1 red onion, sliced very thinly

Whisk cider vinegar, sugar and salt in a small bowl until sugar and salt are dissolved. Place onion in a jar, pour vinaigrette into jar over onions. Let sit at room temperature for one hour. Cover and chill for up to 2 weeks. Drain onions before using

*You might be wondering what the difference is between table salt, kosher salt and sea salt. Well, table salt is heavily processed to eliminate trace elements and contains an additive, calcium silicate to prevent clumping, but which also imparts a sharper flavor and therefore table salt tastes saltier than kosher salt. Sea salt has very little processing involved but tastes slightly more salty than kosher salt. Kosher salt is salt that has been compacted into larger flakes using an evaporation process and its the least salty tasting salt. Why is it called Kosher salt you might ask? Well, because of the larger granules it's widely used in the Jewish practice of koshering meats – the larger flakes help the blood from the meat to flow out of the meat more freely without over-salting the meat.