



Please note: Food images are representative only and not the actual cooked recipes.

Onion Pink Panther – Pink pickled onions

MAKES 1 - 2 CUPS • PREP: 20 MINUTES

V Vegetarian

INGREDIENTS

- 2 medium red onions, thinly sliced
- 240 ml (1 cup) white vinegar, apple cider vinegar, or red wine vinegar
- 240 ml (1 cup) water
- 1 tablespoon sugar
- 1½ teaspoons salt

Optional flavour additions

- ½ teaspoon black peppercorns
- 1 small bay leaf
- ½ teaspoon mustard seeds
- A slice of beetroot (for extra pink colour)
- A clove of garlic (lightly crushed)

METHOD

1. Prepare the onions

Place the sliced red onions into a heatproof jar or bowl.

2. Make the pickling liquid

In a small saucepan, combine vinegar, water, sugar, and salt. Heat gently, stirring until the sugar and salt dissolve. Do not boil.

3. Pickle the onions

Pour the hot liquid over the onions, making sure they're fully submerged. Add any optional flavourings.

4. Cool and colour

Let cool at room temperature. The onions will turn bright pink as they pickle.

5. Chill and serve

Cover and refrigerate for at least 30 minutes (best after 1–2 hours).

STORAGE

- Keeps in the fridge for up to 2–3 weeks



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