Pickled Red Onion

Master Food Preservers of Sacramento County
March 16, 2022
The UC Master Food Preserver Program's mission is to keep Californians safe and well as they use culturally appropriate, research-based practices to safely preserve food in the home, reducing food waste, increasing food security, and providing engaging ways for Californians to explore healthy food.
UCANR Master Food Preservers do not endorse any specific brands. Any images in this presentation that include brand names are purely for the purpose of providing an example of a product.
Ingredients

- 1 red onion—halved and thinly sliced
- 1/2 cup apple cider vinegar
- 1/4 cup fresh or bottled lime juice
- 1/8-1/4 cup sugar
- 1/2 Tablespoon sea salt
- Pinch of red pepper flakes
Wash your hands
Pour boiling water over onions to completely cover and count to 10. This process softens the onions, helping them to absorb the pickling liquid.
Drain onions and place in a pint-size jar.
Pour vinegar mixture over onions.
Heat vinegar, lime juice, sugar, chili flakes, and salt in a small saucepan over medium saucepan until salt and sugar are dissolved, about 3 minutes.

Taste for sweetness; add more sugar if desired.
Pour vinegar mixture over onions.
Allow to stand at room temperature until cooled. Cover with a lid and refrigerate up to 2 weeks.
Recipe, images, from NC Cooperative Extension’s “Quick Pickled Red Onions”
https://madison.ces.ncsu.edu/2020/08/quick-pickled-red-onions/