



Menu du Jour

11 Feb 06

Pub-style Pickled Onions
(Makes 2 pints)

Pub-style Pickled Onions

Traditional pub grub in England, pickled onions also go well with roast beef or just atop some salad greens. They are always part of an English ploughman's lunch – large chunks of crusty bread, hard cheese such as cheddar, cured meat, pickles, and pickled onions. Pickled onions should be crisp, crunchy, and full of flavor. The onions take about a month to develop their full flavor so this is not something to do today and eat tomorrow. (The onions will keep for six months.)

1 (8-ounce) package red boiler onions
1 (8-ounce) package yellow boiler onions
2 carrots, peeled and cut into slices
6 cups water
1/3 cup coarse kosher salt
1/2 cup granulated sugar
1/2 cup dark brown sugar
4 cups white vinegar
1 cup cider vinegar
3 tablespoons pickling spice
2 dried Tabasco chiles
2 dried Japonese chiles
2 bay leaves
1 (1-pint) canning jar
2 (8-ounce) canning jars

Bring a 2-quart saucepan half-full of salted water to a boil over medium heat. Add one half of the onions, return to a boil and cook for 2 minutes. Transfer the onions with a slotted spoon to an ice bath. Repeat with the remaining onions. Cook the carrots in the boiling water for 2 minutes; drain and shock in an ice bath. When the onions are cooled, remove the skins and place in a non-reactive container. Transfer the carrots to the same container.

Heat 1 1/2 quarts of water to a simmer and add the salt. Stir to dissolve. Cool completely. When the salt solution has cooled to 41 degrees F. or below, pour over the onions and carrots; weigh them with a saucer so they are completely submerged. Allow the onions and carrot slices to soak overnight. Drain and rinse twice under cold water.

Combine the sugars, vinegars, and pickling spices in a medium saucepan; bring to a boil, reduce heat, and simmer, covered, for 10 minutes.



Pack the onions and carrot slices into sterilized jars. Add 1 Japonese chile, 1 Tabasco chile pepper, and 1 bay leaf to each jar; fill the jars with hot pickling liquid (and pickling spices) and seal. Process in a hot water bath for 10 minutes. Remove from canner and cool.

Allow the onions to mature for 4 weeks before serving.

Cooking & Presentation



Onions and Carrots Ready For Pickling



Brine Solution



Finished Onions