



QUICK PICKLED RED ONIONS

Makes 1 cup

Use on sandwiches in wraps and
salads and on pizzas



Ingredients

3	Red Onions, sliced thinly
1 cup	Vinegar, white
1/4 cup	Sugar, white
1 tsp	Peppercorns, whole
2	Bayleaves
1	Star Anise, whole

Method

1. Slice the red onions thinly and place aside.
2. Place the vinegar, sugar, peppercorns, bay leaves and star anise in a small pot and bring to a simmer.
3. Allow to simmer for 2 minutes.
4. Pack the sliced onions into a sterilized jar.
5. Pour the hot vinegar mixture over the onions and seal immediately.

**HOT
TIP**

For a different taste add other aromatics such as cloves, dried thyme or lemon ring