

Fresh From the Kitchen

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Red Onions in Vinegar

Makes about seven 8-ounce (250ml jars)

These onion rings are a perfect addition to fresh salads. Try adding them to a bed of romaine lettuce or spinach. Add strawberries and candied walnuts and dress with a mild vinaigrette.

4 cups red wine vinegar (1 L)
1 clove garlic
10 cups sliced peeled red onions (2.5 L)
(1/4-inch/0.5 cm thick rings)

1. Prepare canner, jars and lids.
2. In a large stainless steel saucepan, combine vinegar and garlic. Bring to a boil over medium high heat. Reduce heat and boil gently for 5 minutes, until garlic flavor has infused the liquid. Add onion rings, increase heat to medium-high and bring to a boil. Reduce heat and boil gently, covered, for 5 minutes, until onions are heated through. Discard garlic.
3. Pack hot onion rings into hot jars to within a generous 1/2-inch (1 cm) of top of jar. Ladle hot pickling liquid into jar to cover onions, leaving 1/2-inch (1 cm) headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot pickling liquid. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
4. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.