

Yucatecan Pickled Onions

Steven Raichlen, *Bon Appetit*, 5/2008



Piquant, tart onion relish

FIRST MIXTURE:

6 cups water

1 large red onion, cut in 1/8-inch-thick slices, rings separated

2 whole garlic cloves, quartered

1 tablespoon kosher salt, coarse salt

SECOND MIXTURE:

1/2 cup white vinegar

3 whole allspice

1 whole bay leaf

1/2 teaspoon ground black pepper

1/2 teaspoon dried oregano, preferably Mexican

1/4 teaspoon ground cumin

water to cover the onions

2 packages Splenda, equivalent to about 2 tsp sugar, optional

Servings: 10

Add the sweetener of your choice - it wasn't in the original recipe, but the onions can be quite puckery otherwise.

1. Combine 6 cups water, onion, garlic, and 1 tablespoon coarse salt in heavy medium saucepan. Bring to boil, then boil 1 minute. Drain off liquid.
2. Return onions and garlic to same saucepan. Add vinegar and all remaining ingredients. Add enough water to saucepan just to cover onions. Bring to boil over medium heat. Remove from heat, cover, and cool.
3. Transfer onion mixture to bowl, cover, and chill overnight. **DO AHEAD:** Can be made 1 week ahead. Keep chilled. Drain onions and serve.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 14 Calories; trace Fat (10.1% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 570mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>