

# BUURVROU SE PIEKELUIE (PICKLED ONIONS)



**TRIED & TESTED**  
By Food lovers recipes



## BUURVROU SE PIEKELUIE (PICKLED ONIONS)

(die goed is verslawend – maak maar genoeg)

3 teaspoons salt

4 cups vinegar

300 ml sugar

1 kg pickling onion, peeled (Oupa se werk)

1 packet pickling spice

Chillie flakes

Toss onions and salt together and leave overnight.

Rinse onions under cool running water.

Place spices, chillies, vinegar and sugar into a large stainless steel saucepan.

Simmer to dissolve sugar.

Add onions and cook for 4 minutes.

Pack onions into sterilised jars.

Add liquid to fill jars and ensure each jar has an equal number of spices and no air pockets.

Cool and seal tightly.

Die reseps gee jou so 3 groot bottels – as jy meer wil hê, verdubbel net die reseps.

Foto en reseps: Isabel Lindes

2de foto: Charleen Nieuwenhuizen