

Fermented Onions

Fermenting at home is much simpler than it looks!

These tangy, crunchy red onions are packed with gut-loving probiotics and add a burst of flavor to any meal. Larry and I keep this recipe on repeat because it's easy, delicious, and supports our gut health daily.

My Favorite Supplies:

- [Jars](#)
- [Fermentation Weights](#)
- [Unrefined Sea Salt](#)
- [Mandoline Slicer](#)
- [Linen or cloth cover](#)

Important Tip:

If you're just starting out, a simple mason jar with a loose lid works perfectly.

The most important thing is that your onions are under the brine—oxygen exposure is what causes issues, not the type of jar.

Ingredients:

- 2-3 large red firm onions
- 2 tablespoons of [Redmond Real Salt](#) (little less if needed)
- 4 cups of filtered room temperature water
- 1 Quart jar or 2 Pint Jars

Instructions:

- Dissolve the [salt](#) in the water (heating the water may be necessary), but cool it before using
- Thinly [slice](#) the onions
- Chop into smaller to medium pieces (or leave longer)
- Add the onions to the jar using a [funnel](#).
- Leave headspace for the brine and [glass weight](#)
- Top off with the salted water to within an ½ inch from the top of the jar.
- Add a [glass weight](#)
- **(optional)** Place a silicone fermenting lid on with a metal band
- If not using the fermenting lid, use a [glass weight](#) and [linen or cotton cover](#).
- Leave on the counter 5-7 days. (taste every couple days until its as tangy as you like)
- A plate or bowl may be necessary to catch the overflow
- Replace silicone lid or the cotton cover with the lid of choice (I use the lids that came with the jar)
- Refrigerate and enjoy
- Consume within 9 months

Wellness Made Simple

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