

PICKLED VIDALEA ONIONS
September 2018

I got my recipe from my brother-in-law who was my first BBQ “mentor.” He actually won a BBQ competition in Kansas City a couple of decades ago. I think he got the recipe from a Memphis style BBQ book.

Following is what I did for Roscoe this year. Quantities can be scaled for more or less onions.

- 4 to 6 medium to large Vidalia, other sweet or white onions—sliced. I don’t include the very center of the slice, just the rings. Max thickness is ¼ inch and minimum thickness is about 1/8th
- 1 C white sugar
- 1 C white (distilled) vinegar
- 1 C vegetable oil (original recipe called for twice as much)
- 2 tsp dry yellow mustard
- ½ tsp ground Cayenne pepper
- ½ tsp red pepper flakes
- ~ 1 tsp salt

I heat the distilled vinegar, then add the sugar and spices and wisk till the sugar is dissolved. I usually heat/prepare liquid in a 2 quart Pyrex measuring “cup. When sugar dissolved, I add the veggie oil and wisk again.

I put the onions in a Ziploc bag (size depending on amount of onion slices), then pour in the mixture of vinegar, sugar, spices and oil. Close the bag, squeezing the air out. I turn the bag 3 or 4 times the day I prepare the onions, then refrigerate till used. Original recipe recommended letting onions sit from 1 to 3 days before serving.

I’ve kept onions for a longer period of time than what I’d like to admit and the taste was still good, but the onions had lost the bit of crispness that I prefer.

Depending on guest preferences and menu, I’ve thought about adding some sliced Jalapenos, but I haven’t tried that yet. Also, I’ve thought about using a combo of dry ground mustard and some mustard seeds. I even thought about some Coriander seeds. Someday?

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