

Onion Relish

Southern Living Test Kitchen

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5 yellow onions, finely diced

2 cups sugar

2 cups white wine vinegar

1 fresh bay leaf

1 teaspoon Kosher salt

1 teaspoon yellow mustard seeds

1 teaspoon coriander seeds

1/2 teaspoon freshly ground pepper

In a heavy saucepan over high heat, bring all of the ingredients to a boil, stirring often.

Reduce the heat to medium-high. Simmer, stirring often, for 30 minutes or until the liquid is reduced by half and the mixture reaches a syrup-like consistency. Discard the bay leaf.

Cool to room temperature before serving (about 45 minutes).

Yield: 3 cups

Per Serving (excluding unknown items): 1832 Calories; 1g Fat (0.5% calories from fat); 7g Protein; 477g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1906mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Vegetable; 0 Fat; 28 1/2 Other Carbohydrates.