

# Red Pickled Eggs

## Ingredients

- 6 hard-boiled eggs, peeled
- 1 onion, thinly sliced (purple onion recommended)
- 1 ½ cups distilled vinegar
- 450 grams (16 oz) canned beets, sliced (reserve the liquid)
- Beet liquid + water to total 1 cup
- 2 teaspoons salt (sea salt recommended)
- 1 teaspoon raw cane sugar
- 3 teaspoons pickling spices\*
- 1 garlic clove, smashed
- 1 bay leaf
- Fresh dill (optional but recommended)

\*If you do not have pickling spices, use a combination of mustard seeds, dill seeds, allspice, bay leaves, coriander seeds, black pepper, or chili pepper.

## Instructions

### Sanitizing the Jar

1. Wash a 1-quart jar with hot water and soap. Fill with boiling water and empty to sanitize.
2. Wash the lid with boiling water as well. Set aside.

### Making the Pickling Brine

3. In a saucepan, combine the onion, vinegar, beet liquid + water, pickling spices, salt, and sugar.
4. Stir until the sugar and salt dissolve.
5. Bring the mixture to a boil, then turn off the heat and let it cool slightly.

### Layering the Ingredients

6. Place the smashed garlic clove at the bottom of the sanitized jar.
7. Add a layer of beets, followed by some of the pickled onions and three eggs.
8. Add the bay leaf and repeat the layering with more beets, onions, and the remaining three eggs.
9. Top with the remaining beets and onions.

### Adding the Brine & Refrigeration

10. Pour the slightly cooled brine into the jar, making sure the eggs are fully submerged.

11. Remove any air bubbles by gently tapping the jar.
12. Seal the jar with the lid and refrigerate for **at least one week** before eating.

### **Storage & Shelf Life**

- These pickled eggs will last **up to 2 months** in the refrigerator if stored in a sealed jar.
- Always use a clean fork or spoon to remove the eggs to avoid contamination.
- Do **not** store at room temperature, as they need to remain refrigerated for food safety.

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