



“The Condiment”

Ingredients

- 2 white skinned onions, roughly chopped into ½ inch pieces
- 3 medium sized carrots, peeled and thinly sliced
- 1 Tbsp sea salt
- 2 sliced red habaneros, seeds and all
- 1 Tbsp raw (turbinado) sugar
- Plain white vinegar*- enough to barely cover the vegetables in the quart glass jar.

*It’s funny, I add the sugar only because the first time he made it, Wayne used “Mexican” vinegar, and when we looked at the bottle it turned out it had sugar and “other flavorings” added--yet it wasn’t as mild as seasoned rice vinegar, for example. Since none of the Belizeans use anything besides plain vinegar, that is what I did for the second batch but I needed the sugar to tone it down a bit.

Instructions

Place everything but vinegar and sugar into a glass quart container and mix. Pour plain white vinegar with sugar stirred in (it won’t dissolve but don’t worry) to barely cover the vegetables.. Stir every 30 minutes for the first hour-and you can actually eat it after this. This keeps for up to a week in the refrigerator.

So easy, you have to make “the condiment” sometime this summer people!