

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Steeping Time: 30 minutes
- Total Time: 1 hour
- Yield: 4 servings (approx. 1 cup per serving)
- Skill Intensity Level: Easy / Low Intensity
- Flavor Profile: Earthy, subtle sharpness softened by citrus and natural honey sweetness

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Ingredients

- 2 large Yellow or Red Onions, peeled and thinly sliced

- 4 cups Filtered Water
- 1 inch Fresh Ginger Knob, sliced into thin coins (optional, for warming flavor)
- 2 tablespoons Raw Honey (or maple syrup for a vegan option)
- 2 tablespoons Fresh Lemon Juice (approx. 1 medium lemon)
- 1 Pinch Fine Sea Salt

Step-by-Step Instructions

1. **Prepare the Vegetables:** Wash the onions thoroughly. Peel away the dry outer papery skins and slice the onions thinly using a sharp chef's knife to maximize surface area for extraction.
2. **Bring to Initial Simmer:** In a medium stainless steel saucepan, combine the sliced onions, optional sliced ginger, and 4 cups of filtered water. Place over medium-high heat until the liquid reaches a rolling boil.
3. **Reduce Heat & Extract:** Once boiling, turn down the stove intensity to low. Cover the pot loosely with a lid and let it simmer gently for 20 minutes. The water will turn a translucent amber color as the onions soften.
4. **Off-Heat Steeping:** Remove the saucepan from the stove burner. Keep covered and allow the mixture to steep for 30 minutes at room temperature to fully infuse the water.

without burning off subtle flavors.

5. **Strain the Tonic:** Place a fine-mesh sieve over a heat-safe glass pitcher or large bowl. Pour the liquid through, pressing lightly on the softened onion solids with the back of a spoon to extract all remaining liquid. Discard or compost the remaining onion pulp.
6. **Finish & Season:** Stir in the fresh lemon juice, raw honey, and a tiny pinch of sea salt while the liquid is still warm until completely dissolved.
7. **Serve or Store:** Enjoy warm immediately in a ceramic mug, or transfer to an airtight glass jar and chill in the refrigerator to serve cold over ice.

Chef's Tips & Storage Guide

- **Storage:** Store onion water in a sealed glass Mason jar in the refrigerator for up to 4 days.
- **Reheating:** Reheat gently on the stovetop over low intensity until warm. Avoid boiling after adding honey to preserve its natural enzymes.
- **Culinary Repurposing:** Unsweetened leftover onion water can also be stored as a savory base broth for soups, rice, or grains.

Nutritional Breakdown

Nutrition values are calculated per serving (1 cup / approx. 240 mL).

Metric	Amount
Calories	45 kcal
Total Carbohydrates	11.5 g
Dietary Fiber	0.8 g
Sugars	8.2 g
Protein	0.6 g
Total Fat	0.1 g
Saturated Fat	0.0 g
Sodium	40 mg
Potassium	115 mg
Vitamin C	8% DV
Calcium	2% DV
Iron	1% DV