



Onion

Dakota: Psin

Lakota: pšín

Sampling Display Instructions

Onion and Celery Seed Relish Ingredients

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 ½ Tablespoon relish served on a whole grain cracker.			
White wine or distilled vinegar	¾ cup	1 cup	1 ½ cup
Powdered sugar	4 ¼ teaspoons	2 Tablespoons	3 Tablespoons
Celery seeds	4 ½ teaspoon	2 Tablespoons	3 Tablespoons
Green onions, thinly sliced Option: yellow or white onions	1 ½ cups	2 cups	3 cups
Celery, finely chopped	¾ cup	1 cup	1 ½ cup
Red pepper flakes	¼ teaspoon	½ teaspoon	¾ teaspoon
Sturdy whole grain crackers	24 crackers	32 crackers	48 crackers

Directions:

Mix vinegar and sugar in a salad bowl until sugar is dissolved. Add celery seed, pepper flakes, onions and celery. Mix until all ingredients are combined evenly. Cover and chill for several hours or overnight. Serve 1 ½ Tablespoons on a large sturdy whole grain cracker.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Recipe video (optional)
https://youtu.be/BoBc1tll4_E
- Pick it! Try it! Like it! produce sign as table tent
- Pick it! Try it! Like it flyer or recipe card
- Food allergy sign on table

Notes:

- Prepare Onion and Celery Seed Relish. Chill overnight if possible. Transport to the store in a sealed container in a cooler.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the "allergy warning" sign. Place only a few samples at a time on small paper plate or with a whole grain cracker. Ask parent's permission before children may sample.
- Ask them if they use onion often in their meals. Ask if they could use this recipe.
- Remind them that this can be served as a condiment for meat, fish, or chicken as well as with crackers or chips. This keeps very well in the refrigerator.
- Dakota word translated by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.