

Caramelized onions



THINLY SLICE A POUND OR TWO OF ONIONS



MELT BUTTER AND OLIVE OIL IN A PAN OVER MEDIUM HEAT. ADD ONIONS. COOK FOR 10 MINS, STIRRING OCCASIONALLY.



SPRINKLE WITH SALT, A BIT OF SUGAR AND ADD IN CHOPPED GARLIC AND/OR HERBS, IF USING.



COOK FOR 1 HOUR, STIRRING OCCASIONALLY. THEN UP THE HEAT SLIGHTLY AND COOK FOR ANOTHER 20-30 MIN, UNTIL ONIONS ARE WELL CARAMELIZED.



DEGLAZE THE PAN WITH CHICKEN STOCK, WATER OR WINE.



USE OR COOL AND STORE IN THE FRIDGE.