



Balsamic Caramelized Onions

SAUCES, SPREADS & BASICS

Ingredients:

- Red onions: 3 (medium size)
- Balsamic vinegar: $\frac{1}{8}$ cup
- Maple syrup or jaggery: Jaggery 3 tbsp or 4 tbsp Maple Syrup
- Water: 2-2.5 cups
- Salt and pepper to taste

Method:

Thinly slice your onions and separate the pieces.

Place your pan on medium-high heat, and once hot add your balsamic vinegar. Cook for around 5 minutes or until the balsamic vinegar reduces by half and the consistency becomes thicker. The fragrance released will be very pungent at first, and may even make your eyes water - if you get close enough but, as balsamic vinegar continues to cook and reduce down the fragrance will become sweet and aromatic.

Then place your thinly sliced onions into your pan and mix well so that the onion pieces are coated in the reduced balsamic vinegar, add you salt(the salt will help the release water from the onions as well as seasoning the dish), mix well, place the lid on, reduce the temperature of your stove and then cook for a further 10 minutes (with the lid on) After 10 minutes remove the lid, add pepper to taste, water, jaggery or maple syrup, mix well then place on the lid and cook for another 15 minutes, you should notice the onions become lovely and soft. Next, remove the lid and allow the liquid to reduce so that there is almost no liquid remaining and becomes a jam-like consistency and glossy(takes between 10-15 minutes).

Set aside, allow to cool and then you're ready to add to your baguette, in a quiche, on a corn fritter, burger, wrap or so much more - it really enhances so many dishes. Enjoy!

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