

Caramelized Red Onion

There are various recipes flying around for so-called Red Onion Marmalade or Caramelized Onion. The thing that seems to vary most is the sweetness or otherwise of the recipes. This version was my smashing together of a couple of recipes for a tapas meal. It is slightly sweet and goes very well with chicken or duck livers, either whole or made into a paté.

Planning

serves:	lots
prep time:	10 mins
cooking time:	45 mins

Ingredients

1 tbs butter
1 tbs olive oil
2 large red onions, halved
and finely sliced
150ml red wine
50ml sherry or balsamic
vinegar
~8 tsp golden caster sugar
Salt

Method

Melt the butter and olive oil together in a heavy-based pan. Add the finely sliced onions and fry for minutes, stirring occasionally, to soften but not colour. Add the red wine, vinegar and a little salt. Set this mixture simmering gently until all the liquid has evaporated (it will take about 30 minutes).

While it is cooking, add the sugar a spoonful at a time to adjust the sweetness to your liking. As the evaporation progresses, watch the heat so that it doesn't catch and burn.

Put the caramelized onion in a bowl and allow to cool.

This is a wonderful topping for liver as part of a tapas meal but it also works with some cheeses and cold meats.