

CARMELIZED ONIONS

Alright... what inspired this one? I DON'T KNOW ANYMORE!!! I'm not sure there was any particular goal with this. I think it was just another one of those cases where I came across some videos and started taking note. I think at some point I wanted to make French onion soup, but the motivation for actually going forward with this was the "WACHTA BURGA" (more on that later)

Anyways... this is relatively easy BUT time intensive. I think some of the longer time estimates I came across were on the order of an hour, BUT this wound up taking me about 3, start to finish. Somewhat of a surprise end result too. I only used onions LVO and a little butter. Nothing else. The end product, however, was surprisingly sweet and a deep golden brown

INGREDIENTS

Qty.	Unit	Item
4	-----	Largish Sweet Onions
3	TBSP	LVO
1	TBSP	Butter

I've seen various sources as that you can pretty much use any onion, but your results may vary. I have not tried other onions, but the sweet onions do work very well

Butter... salted / unsalted... I used salted Land O' Lakes, but I am not sure if it will make a big difference for this

SPECIAL TOOLS

- 12 inch Stainless steel fry pan with a lid [i]

PREPARATION

- 1) First things first, rinse your onions!
- 2) Slice off the root and tip ends
- 3) Remove the paper and outer layer if it is soft / rubbery / unappealing
- 4) Slice the onion in half, root to stem
- 5) Cut a "V" notch around the root on each half, remove, and discard
- 6) Slice, thinly as possible, root to stem [ii]
- 7) Separate the layers and place the onions in a largish glass bowl
- 8) Repeat steps 1 - 7 for the rest of the onions
- 9) Cover the bowl o' onions with a plate (if you have one that will fit) or with plastic wrap
- 10) Heat stainless steel pan on mediumish for 5 minutes or so
- 11) While pan is heating, fold 2 TBSP of LVO into the bowl of onions. The onions should wind up nicely coated, but not dripping, with oil

- 12) Add 1 TBSP of LVO to pan
 - a. If the oil starts to smoke, remove pan from the burner and reduce the burner heat. Return the pan to the burner and repeat until the oil is shimmering, but not smoking
 - b. If the oil is not shimmering, slowly increase heat in small increments until it shimmering, but not smoking
- 13) Add two or three handful of onions to pan and cover with the lid
- 14) Cook until the onions become somewhat translucent and reduced; about 5 - 10 minutes
- 15) Add another two or three handful of onions, stir until the new onions are well incorporated with the onions that are already in the pan, and cover with lid
- 16) Cook until the onions become somewhat translucent and reduced; about 5 - 10 minutes
- 17) Repeat steps 15 and 16 for the rest of the onions
- 18) Take the lid off the pan and stir the onions
- 19) Set timer for 10 minutes
- 20) Stir onions, making sure to bring up onions from the bottom to the top
- 21) Repeat steps 19 and 20 until you start to notice darker brown bits as you stir the onions
- 22) Stir onions with a flat-edged wood spoon (Did I forget to mention that you need a flat-edged wood spoon?), scrape up any fond, and stir that back into the onions
- 23) Set timer for 10 minutes
- 24) Repeat steps 22 and 23 until you reach your desired level of doneness. As you get closer to where you want to be, decrease the time between stirrings
- 25) Once your onions are just about, but not quite, where you want them to be, chop up 1 TBSP of butter and sprinkle over the onions
- 26) At this point, you should be at about 5-7 minutes between stirrings. Continue to stir and cook, reducing the time between stirrings, until you achieve your desired level on doneness [iv]. The onions will be noticeably reduced at this point, so make sure you spread them out over the pan after each stir
- 27) When there done, apply to your use of choice and...
- 28) ENJOY!!!

CLOSING THOUGHTS

I was quite surprised how these turned out. VERY sweet. A nice deep brown. Sure it took a while, but they were DEFINITELY worth it. They worked well in my last attempt at the "WACHTA BURGA" and I just used them as a topping on a steak. I gotta use these in French onion soup one of these days

NOTES

- i. I recently took the plunge and bought an All Clad. Then I immediately used too high a heat and cooked on a layer of oil. I really need to take care of that. Nonetheless, by all accounts, the stainless steel will give you a greater opportunity for fond
- ii. It REALLY helps to have a sharp knife for this, as well as being much safer. At one point I did consider using my deli slicer, but I got pretty good results with my knife [iii]
- iii. In the interest of full disclosure, I really need to sharpen my knives
- iv. I personally like the deep, dark, sweet brown
- v. I only have this one picture for now. Believe it or not, this started out as 4 largish onions!

PICTURES [V]

