

Caramelized Onions (freeze 'em!)

Caramelized onions are a treat in so many dishes and you can buy these now in the market field, make them, and freeze them for up to 3 months. Anyone else thinking it might be time to start planning for Thanksgiving?

INGREDIENTS

3 medium yellow onions, peeled and thinly sliced
2 tablespoons butter (or high-heat cooking oil, such as vegetable or grapeseed oil)
pinch of salt
(optional) pinch of granulated sugar or other sweetener
2-4 tablespoons dry white or red wine (or chicken/beef/veggie stock)

DIRECTIONS

Heat butter in a large sauté pan over medium heat until melted. Add onions and toss until they are coated in the butter. Cook the onions for 40 minutes, using a spatula to stir the onions and scrape the bottom of the pan every 3-5 minutes. The onions will turn translucent and white, then they will start to become slightly golden. As the onions begin to caramelize and darken, you may need to scrape the pan more often. Once the onions reach a deep golden brown color and are nice and syrupy, sprinkle them with a pinch or two of salt and sugar, if desired.

(continued on reverse)



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DIRECTIONS, continued

To deglaze the pan, stir in a tablespoon or two of wine/stock at a time, adding enough so that the browned bits on the bottom of the pan loosen when scraped with a spatula.

Stir the onions for 1 more minute, being sure to stir in the browned bits, then remove from heat.

Serve immediately or let cool to room temperature, then refrigerate in a sealed container for up to 3 days, or freeze in an airtight container for up to 3 months.

A Few Tips

- More onions require more cook time: Cooking 3 medium-sized yellow onions in a 12-inch pan usually takes me about 40 minutes. Also, try to avoid a pile of onions that is too high or the onions will cook from the steam instead of on the bottom of the pan (this is where the magic happens.)
- Keep the heat low and slow: Every cook has a different opinion about the proper level of heat for caramelizing onions. I generally keep mine slightly above medium, and have also had success on medium-high, and many others love medium-low (which requires longer cooking time). The one thing you don't want to do is crank the heat up to high to speed things up. The onions will burn... trust us.
- Sugar and salt are optional: I find that caramelized onions are plenty sweet (and usually plenty salty) on their own, but if you want to add extra sugar and salt near the end of the cooking time (just before deglazing), you're welcome to do so to your taste.

recipe adapted from GimmeSomeOven.com

Market Shopping List

- Onions - 18th Century, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Butter
- Salt, sugar - **Highland Park Market of Coventry**



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