

# Savory Glazed Shallots



*Shallots become soft and luxurious in this dish which is a great make ahead side dish that will add a rich complexity to your holiday plate!*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>1 HOUR</b>
-----------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

4 Tbsp	Butter, unsalted
1.5 lbs.	Shallots, medium, peeled (halved if large)
½ tsp	Kosher Salt
3 Tbsp	Sherry Vinegar or Red Wine Vinegar
1 cup	Water
3 each	Thyme sprigs, plus 1 tsp. for serving
2 each	Red Fresno Chiles, halved lengthwise and seeds removed (optional)
1 tsp	Sugar

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400F.
2. Heat the butter in a large skillet over medium heat, swirling until foaming subsides.
3. Arrange the shallots in a single layer, flat or cut side down where possible. Season with salt and cook, undisturbed, until deep golden-brown underneath, about 5 minutes. Rotating your pan will help ensure even browning.
4. Turn and cook until deep golden brown on the other side, about 5 more minutes.
5. Add the vinegar, water, thyme sprigs, chiles, and sugar and swirl the skillet to combine. Bring the liquid to a boil; reduce heat to a simmer.
6. Transfer the skillet to oven and roast shallots, turning them halfway through, until the sauce is reduced to a glaze and a paring knife easily slides through the centers, about 35-40 minutes.
7. To serve, spoon the shallots and glaze onto a platter and garnish with thyme leaves.

## CHEF'S NOTES

Shallots are a member of the allium family, like onions, scallions, and garlic. Shallots are generally milder in flavor to onions which makes them great for serving raw. In this dish, we allow them to cook slowly, resulting in caramelization that produces a deep, savory, rich flavor.

If making in advance, simply reheat in a large skillet over low heat until warmed through, adding a little water as needed to loosen the glaze.

# Nutrition Facts

8 servings per container

**Serving Size** about 1-2 shallots (140 g)

Amount per serving

**Calories** **120**

**% Daily Value \***

**Total Fat 6g** **8%**

Saturated Fat 3.5g **18%**

*Trans* Fat 0g

**Cholesterol 15mg** **5%**

**Sodium 135mg** **6%**

**Total Carbohydrate 18g** **7%**

Dietary Fiber 3g **10%**

Total Sugars 10g

Includes 2g Added Sugars **3%**

**Protein 2g** **5%**

Vitamin D 0mcg **0%**

Calcium 40mg **3%**

Iron 2mg **9%**

Potassium 300mg **7%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Inspired by Molly Baz, Bon Appetit Magazine – November 2018 Issue



[goldringcenter.tulane.edu](http://goldringcenter.tulane.edu)



[@culinarymedicine](https://www.instagram.com/culinarymedicine)



[Goldring Center for Culinary Medicine](#)

