

Onion Bacon Jam



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

This recipe takes some time to make but your patience will be rewarded with a rich, savory spread that adds flavor to just about anything!

YIELD ABOUT 2 CUPS	PREP TIME 10 MIN	TOTAL TIME 1 HR 15 MIN
-------------------------------------	-----------------------------------	---

INGREDIENTS

2 slices	Bacon, low sodium, ¼ inch chopped
2 lbs.	Yellow Onions, julienne (about 3 large)
1 tsp	Kosher Salt
1 cup	Apple Cider
2 Tbsp	Vinegar, Apple Cider or Sherry
2 Tbsp	Brown Sugar
1 Tbsp	Thyme, fresh, chopped (about 5 sprigs)
1 tsp	Black Pepper, freshly cracked

CHEF'S NOTES

Caramelization is the low and slow cooking process of browning sugars in food, resulting in a rich, nutty flavor and deep brown color – onions are full of natural sugars making them a perfect choice to caramelize!

This jam can be served cold or reheated. Try serving it as a spread on burgers or sandwiches, a condiment for any meat dishes or roasted vegetables, or with your cheese plate or charcuterie board.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a Dutch oven or large heavy sauce pot over medium-high heat. Add the bacon and cooked until just crisp; remove and set aside, leaving all the rendered fat in the pan.
3. Add the onions and salt to the pan. Reduce the heat to medium, cover and cook until the onions soften, stirring occasionally, about 10 minutes.
4. Add the reserved bacon and remaining ingredients to the pan, stirring to combine. Cook uncovered until the liquid is almost fully reduced/evaporated, stirring occasionally, about 45 minutes.
5. Reduce the heat to low and continue cooking until the onions are a rich, medium brown color, stirring frequently, for about 5 minutes. If the jam looks too dry, add water 1 Tbsp at a time.
6. Remove from the heat and set aside to cool before packaging in jars with a tight-fitting lid.

Nutrition Facts

16 servings per container

Serving Size 2 Tbsp (50 g)

Amount per serving

Calories 35

% Daily Value *

Total Fat 1.5g 0%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 140mg 6%

Total Carbohydrate 5g 0%

Dietary Fiber less than 1g 0%

Total Sugars 4g

Includes 2g Added Sugars 3%

Protein less than 1g 0%

Vitamin D 0.01mcg 0%

Calcium 10mg 0%

Iron 0.11mg 0%

Potassium 54mg 0%

*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 adapted from Tasty Kitchen – December 2011



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

