

Caramelized Onions



This method produces onions with rich umami flavor that makes for a delicious condiment for burgers, eggs, or as a side dish with your favorite meals.

YIELD 10 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 each	Onions, yellow or white, julienne (1/4" thick slices)
1 Tbsp	Olive Oil
1/4 tsp	Kosher Salt
As needed	Water

CHEF'S NOTES

PRO TIP: The trick to properly caramelized onions is to keep the heat low and allow them to develop color and flavor slowly. There's no need to add sugar or sweet ingredients if you give them a little time!

If salt is added too early, it will draw water out of the onions and prevent caramelization. Be sure to wait until the onions are softened.

Store leftovers in an air-tight container in the refrigerator for up to 1 week.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a large heavy bottomed sauté pan over medium heat. Add the oil. Once the oil is hot, add the onions and stir to coat the onions in the oil. Spread the onions into an even layer in the pan and allow to soften and develop a light brown color, stirring only occasionally.
3. Reduce the heat to low and continue to slowly cook the onions, allowing them to lightly brown and water to release, about 10 minutes. Once the onions are softened and begin browning, add the salt. If needed, add a small amount of water to prevent the onions from getting too dry.
4. Cook uncovered, until the onions become deeply golden brown and very soft, stirring only occasionally, about 30 minutes.
5. Remove from the heat and serve immediately or allow to cool before storing.

Nutrition Facts

10 servings per container

Serving Size 2 Tablespoons (32 g)

Amount per serving

Calories 25

% Daily Value *

Total Fat 1.5g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 3g 0%

Dietary Fiber less than 1g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.06mg 0%

Potassium 44mg 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 from *Health meets Food* "Caramelized Onions" (9/17/19)



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