



Recipe of the Week

RED ONION JAM

This is a great one at this time of year when red onions are ready for picking. Great with bacon, tarts, cheese, sausages, or in sandwiches.

Ingredients

10 red onions, peeled
1 tab olive oil
1 tab unsalted butter
100 ml red wine vinegar
¼ cup brown sugar
Sea salt
Freshly ground black pepper

Method

1. Halve onions, cut off ends and slice into thin semi-circles.
2. Heat oil and butter in a wide, shallow, heavy-based pan.
3. Add onions and sweat for 10 minutes, over a moderate heat, without browning.
4. Add vinegar and sugar and cook for 15 – 20 minutes, or until oar dark in colour and jam-like in consistency.
5. Season with salt and pepper.
6. When cool, store in a lidded container in the fridge.

Recipe courtesy Cuisine, NZ Gardener 2016 Garden Diary