

Roasted Cipollini Onions

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 1 hour

Chef's Notes

Cipollini (pronounced chip-oh-LEE-nee) are sometimes called wild onions. If you can't find them in the supermarket or an Italian market, you can substitute with pearl onions.

Step 1: Peeling the Onions

- 4 lb cipollini onions (approx. 40 to 50)

Peel cipollini onions and set aside.

Some say soaking the onions in warm water for a few seconds makes them easier to peel. Some also believe blanching them first makes them easier to peel. I have tried both ways and still the easiest way for me, is just to peel them like any other onion.

And yes, there will still be some crying while peeling...but it is all worth it because these onions "kick butt". My only trick is to do them outside in the fresh air.

Step 2: Frying the Onions

- 3 tablespoons extra-virgin olive oil
- 4 tbsp non dairy butter, or unsalted

To start, preheat your oven to 375° F.

Next, heat a large oven-proof pan over medium high heat. Once hot, add the oil and butter and let melt. Then add the onions and toss to coat in the fat. Let cook without touching for a few minutes, so they get nice color. Then toss and let brown on the other side. This should take about 8 to 10 minutes, depending on the size of the onions.

Step 3: Roasting the Onions

- 1 1/2 tsp kosher salt (or to taste)
- 1/2 tsp freshly ground black pepper

Once the onions are nice and golden on all sides, place the fry pan into the oven and let cook for about 10 minutes, or until a paring knife goes into one of the larger onions easily.

Note: If you do not have an oven-proof fry pan, simply transfer the onions to a casserole dish and place into the oven.

When done, season with salt and pepper to taste and serve. These sweet and tender onions go well with steaks and chicken. In fact, they make a beautiful and impressive side dish.

Note: Add a few tablespoons of balsamic vinegar to the onions before placing them into the oven. This gives another dimension of flavor.