

Braised Onions

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour 10 minutes

Step 1: Peeling the Onions

- 2 cups (8 oz) pearl onions*

Peel the pearl onions and set aside.

*If using frozen pearl onions, make sure they have been thawed and drained well; otherwise, they will not saute properly. Also note: you can use any other type of small onion for this recipe.

Step 2: Gathering Your Mise en Place

- 1 1/2 tbsp non-dairy butter, such as Earth Balance
 - 1 1/2 tbsp grapeseed or olive oil
 - 1/2 cup vegetable stock
 - 1 bay leaf
 - 1 sprig fresh thyme
 - 2 sprigs fresh parsley
- To prepare your mise en place, gather the butter, oil, stock and bouquet garni.

Step 3: Sautéing the Onions

Heat a stainless-steel pan over medium-high heat. Add the oil and butter and saute the onions for approximately 10 minutes or so or until golden brown. Make sure to roll the onions around in the pan from time to time so they color evenly.

Step 4: Adding the Stock & Bouquet Garni

Once the onions have colored nicely, add the stock and the bouquet garni.

Once the stock comes to a simmer, reduce the heat to low and cover with a lid. Let the onions braise for approximately 40 minutes or until almost all of the liquid has evaporated.

Step 5: Finishing the Onions

- sea salt, to taste
- freshly ground black pepper. to taste

Once almost all of the liquid has evaporated and the onions are soft all the way through, remove the lid.

Turn the heat back up to medium high and reduce most of the remaining liquid.

Remove the herbs and taste for seasoning. Serve immediately or use in another dish, if desired.