

Onion Marmalade

INGREDIENTS

1 kg onion, red or yellow, peeled & cut in half & sliced thinly
100 ml olive oil
1 teaspoon sea salt
½ teaspoon ground black pepper
2 bay leaves
2 rosemary sprigs
150 g soft brown sugar
75 ml dry white wine
75 ml red wine vinegar
25 ml balsamic vinegar

DIRECTIONS

In a heavy frying pan, heat up the olive oil and add the finely sliced onions – toss around to make sure they all have a coating of oil.

Cover & cook over a gentle heat until they start to colour. Add the salt, pepper, bay leaves & rosemary sprigs & cook for a further 20 to 30 minutes, until the herbs have wilted. Take off the lid and add the sugar, wine & vinegars. Bring them to the boil and keep stirring all the time; then lower the heat and simmer for about 20 to 30 minutes until the liquid is all dissolved and the onions are soft & sticky.

You will need to be very vigilant towards the end of the cooking - stirring all the time so the onions do not stick and become burnt and scorched. Pick out the rosemary & bay leaves and spoon the confit into a clean, dry, sterilised jar & seal straight away. Ready to eat after 2 weeks, but better if kept for at least 1-2 months. Makes one x 300ml jar - the recipe can easily be increased - use a large preserving pan if necessary.