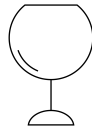


CARAMELIZED ONION JAM



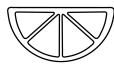
INGREDIENTS

- 1/4 cup vegetable oil
- 4 large red onions (halved, peeled, and cut into thin, 1/4 inch slides)
- 2 cups dry red wine
- 1/2 cup Honey Sweetener
- 1/2 cup red wine vinegar
- 1/4 cup sugar
- 1 lemon (juiced and a few grates of zest)
- salt & pepper to taste



GLASSWARE

Culinary



PREPARATION

1. In a medium sauté pan, heat the oil until very hot.
2. Add the onions and season with salt and pepper, to taste.
3. Cook until the onions give up their liquid, approximately 5 to 10 minutes, and then add the red wine.
4. Lower the heat and cook the onions until the wine reduces almost completely. (This may take some time. Leave on low heat while you prepare the gastrique.)
5. In a separate small pan, heat the Monin

Honey Sweetener and sugar until the mixture begins to bubble and foam.

6. Cook for an additional 2 to 3 minutes while stirring frequently.
7. Add the red wine vinegar and simmer for 2 to 3 minutes on low heat, and then turn off the heat.
8. Pour the honey mixture over the onions and continue cooking over low heat until all of the juice is absorbed and the onions are a jam-like consistency, approximately 20 minutes.
9. If you desire, add lemon juice and zest at this point.
10. Taste for seasoning, add salt & pepper if necessary and transfer to a bowl to cool until ready to serve.
11. Use to top burgers, meats, poultry, flatbread pizza or toast.