

# **BOB'S ONIONS**

## **SMOTHERED – CARAMELIZED – SAUTÉED**

Many recipes call for 'cooked' onions to be added rather than raw to be cooked within the recipe. They can be called caramelized, sautéed, or even the old not used much any more smothered. These are well cooked onions all the way to brown to dark brown (almost burned), but that makes them particularly tasty. These onions are not only used within recipes, but can be provided as a dish on their own or can be used as a topping for your favorite cut of meat or .....

So here's how to make them:

What you will need:

Onions, fat, and a heavy fry pan with lid.

Onions: Pick the kind you like.

I like the big yellow ones best.

Fat: Schmaltz, butter, peanut, corn, canola oil, or home made lard.

I like the schmaltz the best as it renders an additional wonderful taste.

Fry Pan: Should be heavy and with a lid. As you are aware, my preference would be cast iron. A 10" pan will usually hold up to 2 or more pounds and will require about 3 tablespoons of fat per 2 pound. Adjust as you see fit.

If your recipe calls for sautéed mushrooms or something like that also, be sure to do those before the onions and then add the onions to the pan without cleaning. Let the onions absorb the flavors left in the pan!

Cut, dice or slice the onions as per the recipe that is in need or your choice for a topping.

Heat the pan over medium-high heat with the fat added.

Add the onions and toss or mix in the hot fat and then cover turning down the heat to medium. Let the onions cook for 10 minutes mixing things up about half way through.

Remove the lid and increase the heat to medium-high again and stir. The onions should have begun to brown. If the onions don't begin to brown in about 5 minutes, you may need to turn the heat up a bit. Turn the onions every 4 to 5 minutes with a spatula and be sure the scrape the bottom of the pan. Cook until well browned. This can take from 20 to 40 minutes depending on the amount of onions and the heat.

If you are using a recipe where you combine the onions, don't forget to add some water to the pan and soak up the pan remains after removing the onions. This can be added to your recipe for extra flavor.

The onions can be stored in the refrigerator for a couple of weeks in a tight container. Make extra so you always have some for your special needs.