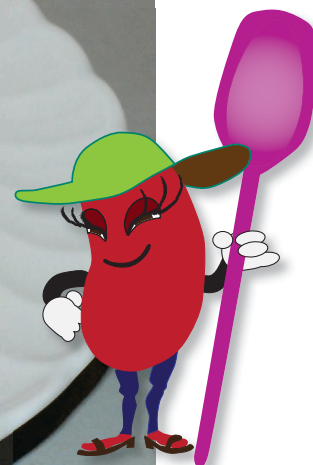


Beans, Rice And Everything Nice



Caramelized Onions

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

1 large sweet onion,
such as Walla Walla or Vidalia
1 teaspoon Balsamic Vinegar (optional)
Water, as needed

1. Start by cutting the onion. Trim off the root and the stem ends, cut in half, and remove the outer skin and the tougher, top layer of onion. Slice the onion in half lengthwise, from root end to stem end. Slice into thin strips. When you get to the end piece, tip it flat and continue to slice. Slice any pieces that seem too big.
2. Preheat a large flat-bottomed saucepan or skillet with a lid over medium heat. When the pan is hot enough, spread the onion slices over the bottom and cover with a lid. Let cook for 5 minutes. No peeking. No stirring.
3. After 5 minutes, remove the lid and lift the onions to stir, turning the cooked ones on the bottom to the top, and letting the top ones settle on the bottom. Let sit for another 3 minutes before stirring again.
4. Continue letting the onions sit for a few minutes and then turning them over for about 15 to 20 minutes total, until the onions are cooked to your liking. Add splashes of water to deglaze the pan as it dries out. Let the pan dry out again before adding more water.
5. After 15 minutes or so, taste the onions. If you would like them sweeter, add a teaspoon of Balsamic Vinegar and toss to coat. Turn off the heat, and allow them to sit for a couple of minutes more.