

Festive Turkey Sandwich

- turkey
- cranberries
- caramelized onions
- greens
- apple slices
- cheese

How to Caramelize Onions

Ever wondered on how to caramelize onions? Well, wonder no longer. In this recipe, we break down how make your onions delicious.

Preparation Time: 10

Cooking Time: 45

Servings: 8

Ingredients:

Amount	Ingredient	Cost – date:
Several	Onions, medium or large; yellow, white or red	
About 1 tsp per onion	Extra Virgin Olive Oil	
Optional	Butter, dairy free if needed	
	Kosher Salt	
Optional	Sugar	
Optional	Balsamic vinegar	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Cut off ends of onions & peel onions. Cut onions in ½ cm wedges.
2. Heat olive oil in wide, thick-bottomed sauté pan using olive oil or a mixture of olive oil and butter if using. Heat pan on medium-high heat until oil is shimmering. Add onion slices and stir to coat onions with oil/butter. Spread onions out evenly over the pan and let cook, stirring occasionally. You may have to reduce heat to medium or medium- low to prevent onions from burring or drying out.
3. After ten (10) minutes, sprinkle some salt over the onions and, if you want, you can add some sugar to help with the caramelization process (about a teaspoon for sugar for 5 onions but can add more) to keep the onions from sticking/drying out as they cook, add a little water to the pan.
4. Stir onions every few minutes. Let onions cook for 30 minutes to an 1 hour more. As soon as onions start sticking to the pan, let them stick a little and brown, but stir them before they burn.
5. After first 20 to 30 minutes, may want to lower the temperature a little and add some more oil, if you find the onions are verging on burning.
6. A metal spatula will help you scrape up the browned bits from the bottom of the pan. As onions cook down, you may need to scrape the pan every few minutes.
7. Continue to cook and scrape until onions are a rich, browned colour. At the end of the cooking process, you may want to add a little balsamic vinegar, or wine to help deglaze the pan and add some additional flavour to onions.
8. Store refrigerated for several days on an air-tight container.

SOURCE: www.simplyrecipes.com

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!