

# Balsamic Caramelised Onions

These sweet and sticky onions are my favourite fried onions by far. They're great on burgers and hot dogs, with bangers and mash and as a topping to liven up any tart or quiche. The recipe is simple and slow but definitely well worth the wait!



I recommend you always use a good quality balsamic vinegar. Be prepared to pay around £8 to £15 for a 250ml bottle and make sure it has Aceto Balsamico on the label.

## Ingredients

1 Tbsp olive oil

1 tsp soft brown sugar

250g white onions *sliced and broken up*

1 Tbsp balsamic vinegar

## Instructions

Heat the olive oil over a medium heat. When the oil is hot, add the sugar & mix well with the oil. Stir in the onions with the oil. Add the balsamic vinegar & mix well. Keep stirring every 5 minutes until you get the shade of onions you require. I like mine mid to dark brown!

If you're making the balsamic caramelised onions to use straight away, cook them as above. If you're planning on using them as a topping on a baked tart, undercook them slightly and let the baking process finish them off.

