

CARMELIZED ONION VEGETABLE DIP

F EASY

Last Modified: 06/05/2014

PREP: 15 Min
COOK: 30 Min
STOVETOP

APPETIZER - DIP

MAKES 2 CUPS

QUA	MEASURE	INGREDIENT	PROCESS
2	Large	Yellow Onions	Slivered
OR			
2	Large	Yellow Onions	Fine Diced
4	Tbsp	Unsalted Butter	
1/4	Cup	Extra Virgin Olive Oil (EVOO)	
1/4	Tsp	Cayenne Pepper	
4	Oz	Cream Cheese (Philadelphia)	Softened
1/2	Cup	Sour Cream (Breakstone)	
1/2	Cup	Mayonnaise (Hellmann's)	
1 +/-	Pinches	Kosher Salt	To Taste

HOT DIP OPTION

1	Cup	Extra Sharp Cheddar Cheese	Shredded
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PREPARATION

FACTOID	This is an extremely good hot or cold Dip for fresh raw Vegetables. Easy to make and will quickly disappear.
TOOLS	1) Stand Mixer & Paddle Head 2) Large Stainless Steel Skillet 3) Glass Serving Dish 4) Glass Vegetable Platter
HINTS	HOT DIP: You may optionally make a large batch, sprinkle it with any Shredded Cheese of choice and bake until the Cheese melts and gets brown.
PREP	DISH Open the package of Cream Cheese and allow it to come to room temperature while you prepare the Onions.
PREP	ONIONS Peel and cut the Onions in half and then slice them thinly into 1/16 inch thick slivers and sprinkle them generously with Salt. You should end up with about 3 cups of Slivered Onions.

OR If you don't want or like long strings of Onion in your Dip:

PREP	ONIONS Peel and cut the Onions in half and then slice them into 1/8 inch thick half-rounds. Cut the half-rounds into a 1/8 inch dice and sprinkle them generously with Salt. You should end up with about 2 cups of Diced Onions.
1	Heat the Oil and Butter in a large stainless steel skillet over medium heat, as soon as the Butter has melted, add in the Onions and sprinkle with the Cayenne Pepper. Saute while stirring occasionally for about 10 minutes. Reduce the heat to medium low and continue to saute until the Onions are browned nicely, about another 20 minutes. Remove from the heat and allow the Caramelized Onions to cool completely

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2	Place the Cream Cheese, Sour Cream and Mayonnaise in the bowl of a stand mixer fitted with a paddle head. Beat on low speed until smooth. Either add in the Caramelized Diced Onions and continue beating on low speed, or by hand, fold in the Caramelized Onion Slivers until mixed together. Taste for seasoning and adjust with Salt and Pepper. It SHOULD end up a tad on the Salty side.
SERVE	COLD: Place the dip in a pretty serving dish, seal it with plastic wrap and refrigerate it for at least 1 hour.
SERVE	HOT: Place the hot dip in a pretty oven-proof serving dish sprinkle with Cheese and broil until the Cheese browns.