

AGED BALSAMIC VINEGAR ONIONS

F EASY

Last Modified: 11/21/2014

PREP: 45 Min
COOK: 50 Min
OVEN: 350

VEGETABLES

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Medium	White Onions	Wedged
OR ANY OTHER SWEET ONION YOU LIKE:			
Bermuda, Candy, Vidalia, Texas 1015, Walla Walla....Etc.			
OR			
8	Small	Italian Red Onions (Very Eye Pleasing)	Wedged
OR			
8	Large	Shallots	Halved
OR			
		Mixture Of Any Or All Of The Above	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
3	Tbsp	Extra Virgin Olive Oil (EVOO)	
1/4	Cup	Aged Balsamic Vinegar (High Quality)	
1	Tbsp	Light Brown Sugar	

PREPARATION

FACTOID	These make an EXTREMELY tasty and pretty to look at side dish for any dinner party. Figure on one to three quarters per person.
CAUTION	We choose medium sized or even smaller Onions because the internal layers will be thinner. Use a little caution with the amount of Balsamic Vinegar you use, the flavor EASILY becomes overloaded with Vinegar if you are not careful. Taste, taste, TASTE before you pour it over the Onions.
TOOLS	1) Large Ovenproof Non-Stick Skillet & Lid 2) Medium Mixing Bowl
PREP	DISH 1) Wedge the chosen Onions and set them aside. You want them about 1" wide at their base. 2) Preheat the oven to 350 degrees with a rack just below center.
1	This will cook nicely setting alongside anything you are already roasting in the oven.
2	In a medium mixing bowl, generously Salt the Onion wedges and allow them to set undisturbed for 1 hour to allow excess moisture to leech out.
3	Pour off ANY moisture in the bottom of the bowl. Gently toss the Onion wedges with the Olive Oil, Balsamic Vinegar, Sugar, and season each one generously with Pepper.
4	Place the Onions, cut edges up, in a large, ovenproof non-stick skillet, spreading them out in a single even layer. Put the lid on the skillet and roast them for 20 to 25 minutes.
5	Remove the lid. Spoon the tops of the Onions well with the thickened Balsamic Vinegar Sauce, Sprinkle each with a little Brown Sugar and return the skillet, uncovered, back in the oven to roast for another 20 to 25 minutes.
6	Remove the skillet from the oven and gently toss the Onions to recoat them with the Sauce. Put the lid back on to keep them warm until ready to serve. Just prior to serving, spoon any leftover Sauce over the top of each Onion.
SERVE	Serve while warm. Garnish the tops with thinly sliced Green Onion Greens if desired.

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