

Sweet and Sour Cippolini Onions

Category: Appetizers

Servings: 8

Rating: 10

Source: Ian and Steph Smith

Description:

A great appetizer to serve with Antipasto.

Ingredients:

1 cippolini onions	1 pound or so
1 balsamic vinegar	6 tablespoons (use lesser quality)
1 sugar	3 tablespoons
1 butter	2 tablespoons
1 olive oil	1 tablespoon
1 garlic	2 medium cloves, minced
1 parsley stems	1 tablespoon, minced
1 red pepper flakes	1/4 teaspoon
1 chicken stock	1/2 cup
1 parsley	1 tablespoon, minced

Instructions:

Cut the root off the cippolinis and par-boil them in water for 2 minutes. Drain, cool, and remove the skins, paring off the stem as you do it.

Heat the balsamic vinegar and sugar in a small frying pan over medium-low heat until the sugar has been dissolved and the vinegar thickens, about 5 minutes or so. Remove from the heat and add the butter, stirring until it melts and is absorbed.

Sauté the garlic, parley stems, and pepper flakes in the olive oil over medium heat until the garlic just starts to brown, about 1 to 2 minutes. Add the chicken stock, parsley, and onions, stir well, bring to a boil, and then simmer covered until the onions are softened and the liquid has almost evaporated, about 5 minutes. Mix in the balsamic sauce and continue cooking uncovered for about 5 minutes to blend in all the flavours.

Sprinkle with a half tablespoon of parsley and serve warm or cold.