Condiments

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Condiments

Introduction

15 minute carmalized onions

Description

Fast and easy way to make carmalized onions!

Ingredients

- 1 tbsp butter
- 2 onions about 5 cups
- 1 water and kosher salt

Instructions

Melt butter in a large heavy-bottomed stainless steel or enameled cast iron saucepan over high heat.

Add onions and cook, stirring frequently, until bottom of saucepan is glazed in a pale brown fond, about 5 minutes.

Add 2 tablespoons water and scrape up fond with wooden spoon.

Continue to cook, stirring frequently, until fond has built up again, about 2 minutes longer.

Add 2 more tablespoons water and scrape up browned bits.

Repeat cooking, adding water, and scraping until onions are completely softened and a deep, dark brown, about 15 minutes total.

Season to taste with salt.

Remove from saucepan rapidly to prevent burning.

Notes

For even faster caramelezing, add 1 teaspoon sugar and 1/4 teaspoon baking soda to onions at start. This method will get you sweet, soft onions for adding to burgers, sandwiches, pizzas, etc. However, it is not a pure substitute for traditionally caramelized onions for recipes like onion soup—the flavor will not quite be the same.

Blue Cheese Compound Butter

Description

This great compound butter is very easy to make. The recipe yields enough in order to make a batch that can be kept in the freezer. From the roll that will be formed, cut what you need and defrost in the refrigerator a day before using. Let the butter sit at room temperature for thirty minutes before cutting medallions and serving on steaks, veal chops and hamburgers.

Ingredients

- 3/4 lb butter
- 2 tbsp dijon mustard
- 1 tbsp Thyme chopped fine
- 1/2 lb Blue Cheese, Point Reyes Original is best

Instructions

Cut the butter into half-inch cubes and keep at room temperature until soft so that it can easily be mixed with a rubber spatula.

The butter can also be softened by placing it in a microwave oven for thirty of forty seconds.

In a mixing bowl, cream the butter. Stir in the mustard, thyme and salt. Fold in the blue cheese and gently blend until all is incorporated.

Taste for seasoning and add salt if desired.

With a rubber spatula, form the butter into two nine-inch logs along the bottom edge of two pieces of aluminum foil.

The logs should be about an inch and a half in diameter.

Roll each in the foil to the other end.

Carefully twist the ends of the foil so that the butter forms into a tube. Continue to twist until just snug to complete the form.

These can be kept in the freezer. If serving the same day, keep in the refrigerator at least four hours so the butter can harden for ease of serving.

From the logs cut one half-inch slice per portion of steak, hamburger, etc. Remove the foil then place on hot steaks and