

Mahogany Sweet Onion Bruschetta

Author: Adapted from a recipe by Fran Gage, *The New American Olive Oil* (a cookbook), 2009

Carolyn T's
Main Cookbook

Servings: 4



ONIONS:

4 tablespoons extra virgin olive oil
2 pounds sweet onions, peeled, halved, thinly sliced

About 1-2 teaspoons good quality balsamic vinegar, added after they're cooled [I used pomegranate balsamic, either one is fine]

TOASTED BREAD:

4 slices bread, grilled or toasted in 400 oven until golden

2 tablespoons extra virgin olive oil

Fleur de sel and freshly ground black pepper to taste

1 ounce goat cheese, or Boursin, crumbled [my addition]

4 tablespoons Italian parsley, finely minced

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 357 Calories; 24g Fat (59.3% calories from fat); 7g Protein; 30g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 167mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 4 1/2 Fat.

Notes: Preferably use a baguette for this, and there will be enough onion for about 12 slices, probably. You'll be shocked, really, at how little onions are left for the end product. So don't plan on 2 pounds of onions serving a crowd. It won't. The goat cheese was my addition.

1. Heat the oil in a large skillet (large enough to hold all the onions) over high heat until the oil begins to tremble and fully coats the bottom of the pan. Add the onions, stir to coat the onions, then turn the heat to very low. Sprinkle the onions with a little tiny bit of sea salt. Don't use much salt because the onions are going to cook down to less than a cup. Cook the onions - uncovered - stirring occasionally (making sure they don't start to burn), until they are the color of a polished mahogany table. As it gets to the end, you'll need to stir it much more frequently to prevent the onions from scorching. This will take about an hour. The onions will shrink to next to nothing!

2. Transfer the onions to a bowl and let them cool. Add the vinegar, drop by drop, and taste until the flavor is complex. Sprinkle with more fleur de sel if desired.

3. Brush the bread with 2 T. of oil and put a small mound of onions on each slice. Top with a few crumbles of goat cheese and parsley. Add a few grindings of fresh pepper and serve immediately. I prefer eating this when the onions are warm, so just reheat briefly in the microwave before putting them onto the bread.