

Caramelised Onion Jam

Equipment	Ingredients
Large heavy based frying pan Wooden spoon Knife and chopping board Measuring cups Measuring spoons Onion goggles! 4-5 sterilized jars with lids	• 1kg onions • 1 fresh chilli, deseeded and finely sliced • 3 tbs olive oil • 3 bay leaves • 1 cup brown sugar • 150ml red wine vinegar (1/2 cup plus 2 tbs) • 150ml balsamic vinegar (1/2 cup plus 2 tbs) • 1 tsp salt Optional for spicier jam • ¼ tsp dried chilli flakes if desired

1. Heat oil in a large frypan over low heat.
2. Add the sliced onions, fresh chilli and bay leaves and a good pinch of salt and cook very slowly for 15-20 minutes, stirring occasionally to prevent them from catching. Don't be tempted to turn the heat up, as you don't want the onions to burn.
3. When onions are softened and tinged golden, add the brown sugar, red wine vinegar, balsamic vinegar, remaining salt and chilli flakes if desired. This will start the caramelisation process.
4. Cook onion over low heat for a further 20 minutes, stirring occasionally, until liquid has reduced and it is sticky and caramelised.
5. Use immediately, or store in the fridge, in a sterilised jar or plastic container, and use when required.