

Confit D' Oignon - French Onion Marmalade

2 pounds onions, red or yellow, peeled & cut in half
& sliced thinly
1/3 cup olive oil
1 teaspoon sea salt
½ teaspoon ground black pepper
2 bay leaves
2 rosemary sprigs
2/3 cup soft brown sugar
1/3 cup dry white wine
1/3 cup red wine vinegar
2 Tablespoons balsamic vinegar



In a heavy frying pan, heat up the olive oil and add the finely sliced onions - toss around to make sure they all have a coating of oil. Cover & cook over a gentle heat until they start to color. Add the salt, pepper, bay leaves & rosemary sprigs & cook for a further 20 to 30 minutes, until the herbs have wilted. Take off the lid and add the sugar, wine & vinegars.

Bring them to the boil and keep stirring all the time; then lower the heat & simmer for about 20 to 30 minutes until the liquid is all dissolved and the onions are soft & sticky. You will need to be very vigilant towards the end of the cooking - stirring all the time so the onions do not stick and become burnt and scorched.

Pick out the rosemary & bay leaves and spoon the confit into a clean, dry & sterilized jar & seal straight away.

Confit d'Oignon is excellent with charcuterie, terrines & cheeses; added to vegetables, soups, stews, daubes or as a sauce for steaks. Use it for tarts, quiches & grilled cheese sandwiches.