

## Red Onion Confit

2 pounds red onions  
2 1/3 cups (300 g) sugar  
2 cups (1/2 liter) of white wine  
1/2 cup (10 cl) sherry vinegar  
3 Tablespoons honey  
1 teaspoon cinnamon  
1 teaspoon grated nutmeg  
5 cloves  
1 teaspoon salt  
1 teaspoon pepper mixed  
2 Tablespoons olive oil



Cut the red onion finely. Sweat the onions in olive oil for 5 minutes. Pour the red wine, apple juice, vinegar, spices and sugar. Mix well, cook 1-2 minutes over medium heat to evaporate the alcohol. Reduce heat to a minimum. Leave uncovered and bake for 75 minutes. Cover and continue cooking over very low heat, stirring occasionally for 45 minutes. The onions should be based and no juicy. There is a balance between sweet and acid. The spicy aspect may be more or less forced, according to your taste. Ideal with foie gras, tomme of ewe, white meat, game. Just spread it on toasted bread with fresh goat cheese!

Very popular in the area of Lyon, onion confit is served at restaurants along with a thick slice of chicken liver pate.

Makes enough to fill 4 jam jars

