

# Maria's Caramelised Red Onion Chutney



FEATURED IN KEEPING CONNECTED 09



## Ingredients:

8 red onions

1 red chilli

2 bay leaves

2 tablespoons olive or sunflower oil

200g light brown sugar

150ml balsamic vinegar

150ml red wine vinegar

## Method:

1. Peel the onions and cut into thin slices.
2. Cut the chilli in half then deseed and chop finely.
3. Place the onion and chilli into a saucepan with the bay leaves and oil. Cook gently over a low heat for about 20 minutes, stirring frequently.
4. Once the onions are soft and sticky, add the sugar and the vinegars and simmer for another 30 minutes or so, again stirring regularly, until the chutney is thick and dark.
5. Pour the chutney into hot, sterilised jars and let it cool. Ideally, you should leave it for a month or more before you eat it, to mature in flavour. Alternatively, transfer to a covered container and store in the fridge until required.