



## Onion Stuttgarter Giant - Caramelised onions and carrots

SERVES 2-4 • PREP: 10 MINUTES • COOK: 35 MINUTES

 Vegetarian

### INGREDIENTS

- 2 large onions, thinly sliced
- 3–4 medium carrots, sliced into thin rounds or half-moons
- 2 tablespoons olive oil or butter (or a mix of both)
- $\frac{1}{2}$  teaspoon salt (plus more to taste)
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon sugar or honey (optional, for extra sweetness)
- 1–2 tablespoons water or vegetable stock (as needed)
- Optional flavour additions:
  - 1 teaspoon fresh thyme or rosemary
  - 1 teaspoon balsamic vinegar or soy sauce
  - A small pinch of chili flakes

### METHOD

#### 1. Heat the pan

Place a wide skillet over medium heat and add the olive oil and/or butter. Let it melt and warm up.

#### 2. Start the onions

Add the sliced onions with a pinch of salt. Cook for 5–7 minutes, stirring occasionally, until they soften and turn translucent.

#### 3. Add the carrots

Stir in the carrots and cook for another 5 minutes, allowing them to soften slightly.

#### 4. Caramelize slowly

Reduce the heat to medium-low. Cook for 15–25 minutes, stirring every few minutes. If the pan starts to dry or the vegetables stick, add a splash of water or stock to deglaze.

#### 5. Enhance the flavour

Add sugar or honey if using, along with black pepper and any optional herbs. Continue cooking until the onions are deep golden and the carrots are tender and lightly browned.

#### 6. Finish and season

Stir in balsamic vinegar or soy sauce if desired. Taste and adjust seasoning with more salt or pepper.



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