

# ONIONS



Please note: Food images are representative only and not the actual cooked recipes.

## Onion Centurion – Onion chutney

MAKES 1½- 2 CUPS • PREP: 10 MINUTES • COOK: 65 MINUTES

### INGREDIENTS

- 4 large onions, thinly sliced
- 2 tablespoons oil or butter
- 1 teaspoon salt
- 100 g (½ cup) brown sugar
- 150 ml (⅔ cup) balsamic vinegar or malt vinegar
- ½ teaspoon ground black pepper
- ½ teaspoon mustard powder (or 1 tsp wholegrain mustard)
- ½ teaspoon ground ginger

### Optional spices:

- ½ teaspoon cinnamon or allspice
- ½ teaspoon chili flakes

### METHOD

#### 1. Soften the onions

Heat the oil or butter in a heavy-based pan over medium heat. Add the onions and salt. Cook gently for 15–20 minutes, stirring often, until soft and lightly golden.

#### 2. Add sugar and spices

Stir in the brown sugar, black pepper, mustard powder, ginger, and any optional spices. Cook for 2–3 minutes until fragrant.

#### 3. Add vinegar

Pour in the vinegar and stir well. Bring to a gentle simmer.

#### 4. Reduce and thicken

Lower the heat and simmer uncovered for 30–45 minutes, stirring occasionally, until thick, glossy, and jam-like.

#### 5. Taste and adjust

Adjust sweetness, acidity, or seasoning as needed.

#### 6. Cool and store

Allow to cool completely before transferring to sterilised jars.



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