



Shallots Yellow Moon – Caramelised shallots

SERVES 2 • PREP: 5 MINUTES • COOK: 25 MINUTES

V Vegetarian

INGREDIENTS

- 400 g shallots (about 8–10), peeled
- 2 tablespoons butter or olive oil (or a mix of both)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon sugar or honey (optional)
- 2–3 tablespoons water, stock, or balsamic vinegar

Optional flavour additions

- 1 teaspoon fresh thyme or rosemary
- 1 teaspoon balsamic vinegar (for extra depth)
- 1 clove garlic, finely sliced

METHOD

1. Prepare the shallots

Halve larger shallots lengthways; leave small ones whole.

2. Start cooking

Heat butter/oil in a wide pan over medium heat. Add shallots cut-side down and sprinkle with salt.

3. Slow caramelisation

Reduce heat to medium-low. Cook for 15–25 minutes, turning occasionally, until soft, golden, and deeply caramelised. Add a splash of water or stock if the pan gets dry.

4. Enhance flavour

Stir in sugar or honey (if using), black pepper, and optional herbs or garlic. Cook for 2–3 more minutes.

5. Finish

Deglaze with balsamic vinegar or a little stock if desired, scraping up any browned bits.



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