



# SHALLOTS

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

## Shallots Longor – Cheese and Balsamic shallot toastie

SERVES 1-2 • PREP: 5 MINUTES • COOK: 15 MINUTES

**V** Vegetarian

### INGREDIENTS

- 1–2 slices of good-quality bread (sourdough or white)
- 2–3 shallots, thinly sliced
- 1 tablespoon butter or olive oil
- 1 teaspoon balsamic vinegar
- 1 teaspoon sugar (optional, for caramelization)
- Salt and black pepper, to taste
- 50–75 g ( $\frac{1}{2}$ – $\frac{3}{4}$  cup) grated cheese (cheddar, gruyère, or mozzarella)
- Optional garnish: fresh thyme or parsley

### METHOD

#### 1. Caramelize the shallots

Heat butter or oil in a small pan over medium-low heat. Add the sliced shallots and a pinch of salt. Cook gently for 10–15 minutes until soft and golden.

Stir in balsamic vinegar and sugar (if using) and cook for 1–2 more minutes until glossy. Remove from heat.

#### 2. Prepare the bread

Preheat the grill/broiler or toaster oven. Lightly butter the bread slices if desired. Place the bread on a baking tray.

#### 3. Assemble the toastie

Spread the caramelised shallots evenly over the bread. Top generously with grated cheese and season with black pepper.

#### 4. Grill/bake

Place under the grill/broiler for 5–7 minutes, or until the cheese is melted, bubbling, and slightly golden.

#### 5. Serve

Sprinkle with fresh thyme or parsley and serve immediately.



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