
Red Onion Confit with Port Wine and Prunes

inspired by Perfect Pickles by Catherine Atkinson (on Delicious Days blog)

Internet address: <http://www.deliciousdays.com/archives/2009/02/24/last-but-not-least-red-onion-confit-with-port-wine/>



Servings: 8

Notes: this mixture is sweet. If you want it less sweet, use a dry style Port and don't add the sugar. Or cut down the amount by half. I used all of the juice of an orange, and once cooked down, it added sweetness also. Plus, the prunes are sweet as well.

1. Heat the butter and half of the olive oil over low to medium heat in a large pot and add the sliced and chopped onions. Cover with a lid and cook for 10 minutes while stirring occasionally.
2. Add the thyme sprigs, the bay leaf and muscovado sugar, then season with sea salt and freshly ground black pepper. Cook uncovered for 10 to 15 minutes until the onions are tender. Again, don't forget to occasionally stir - the onions are not supposed to gain (much) color.
3. Add the finely chopped prunes and the liquids: the orange juice, the balsamic vinegar and the port wine. Reduce heat until the mixture slightly simmers and keep stirring regularly until most of the liquid has evaporated, about 15 minutes. Remove thyme stems and bay leaf and discard.
4. Add the remaining olive oil to give a glossy finish and season to your own taste. Perhaps more vinegar for an extra tangy note? A bit more pepper to spice things up? Keeps in the fridge for several days. [I served it with crackers and with an aged Gouda and Brie. We particularly liked it with the Brie.]

- 2 tablespoons butter
- 2 tablespoons olive oil, may use up to 3
- 2 cups sliced red onions, sliced about 1/4" thick and cut into smaller pieces
- 5 fresh thyme sprigs
- 1 bay leaf
- 2 tablespoons muscovado sugar, light brown
- sea salt and freshly ground black pepper
- 1/3 cup prunes, finely chopped
- 1/2 orange, juice only [I used all the juice as it was a small orange]
- 3 tablespoons aged balsamic vinegar, [I used a fig balsamic which is thick and sweet like aged balsamic)
- 3/8 cup port wine (use a drier Port if you can find one)

Crackers to serve alongside

Brie cheese to spread it on, if desired

Appetizers

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Per Serving (excluding unknown items): 123 Calories; 6g Fat (50.7% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 31mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 1 Fat.