

Caramelized Onions with Dark Rum and Thyme

The America's Test Kitchen Family Cookbook



Could be a spread for crackers. Or a topping for burgers. Or steak.

- 2 pounds yellow onions, thinly sliced
- 1 tablespoon vegetable oil
- 1 tablespoon unsalted butter
- 1 teaspoon light brown sugar
- 1 tablespoon water
- Salt and freshly ground black pepper to taste
- 2 teaspoons dark rum
- 1 teaspoon fresh thyme, minced
- 1/2 teaspoon cider vinegar

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

Servings: 12

1. Have all the onions sliced and ready.
2. Melt the butter and oil in a large nonstick skillet over high heat. Stir in the onions, brown sugar and about 1/2 tsp salt. Cook, stirring occasionally, until softened, about 5 minutes. [You may need to turn the heat down to prevent the onions from burning.]
3. Reduce heat to medium and cook, stirring frequently, until the onions are deeply browned, about 40 minutes.
4. Add the rum, thyme and vinegar and stir well, off heat. Taste for salt and pepper.

Per Serving (excluding unknown items): 47 Calories; 2g Fat (41.6% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.