

Onion Sticky Gravy

Inspired by a recipe at ask.com



Something you would serve over roast beef or sausages. Or leftover slices of meat. It's British.

- 2 medium yellow onions, peeled, sliced thinly
- 2 tablespoons canola oil
- 2 tablespoons unsalted butter
- 1 teaspoon sugar
- 2 teaspoons balsamic vinegar
- 1 cup white wine (vermouth is fine)
- 2 cups beef stock
- 2 teaspoons Worcestershire sauce
- 1 1/2 teaspoons sherry vinegar
- Salt and freshly ground black pepper to taste
- 4 teaspoons cornstarch
- 4 teaspoons cold water
- 1 teaspoon unsalted butter

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

Servings: 4

1. Melt the oil and butter in a large saucepan over a gentle heat. Add the onion and cover with a lid. Cook slowly for approx 10 mins or until the onions are soft and translucent, take care not to burn, the onions should not be browned. Cook until the onions are nearly cooked through.
2. Add the sugar and balsamic vinegar to the onions and stir well. Cover with the lid and continue to cook for a further 5 minutes, again making sure they don't brown.
3. Add the wine and cook for about 5 minutes, then add most of the stock (hold back about 1/2 cup) and boil gently uncovered for 5 minutes.
4. In the remaining cold stock, mix the corn starch and stir until it's dissolved. Pour into the onion mixture, raise the heat to high and simmer for 10 minutes or until the gravy is slightly thickened. Add Worcestershire sauce and sherry vinegar, then season with salt and pepper. Keep warm until ready to serve. Add the teaspoon of butter into the finished gravy before serving to give it a nice shine.

Yield: 3 1/2 cups

Per Serving (excluding unknown items): 208 Calories; 14g Fat (73.7% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 1092mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.