

Mashed Potatoes with Caramelized Onions & Blue Cheese

Adapted slightly from Cook's Illustrated, Jan. 2003



ONIONS:

- 1 tablespoon unsalted butter
- 1 tablespoon vegetable oil
- 1/2 teaspoon table salt
- 1 teaspoon light brown sugar
- 2 pounds yellow onions, sliced 1/4" thick, 2 lbs=4 onions approx.
- 2 cups port wine, preferably ruby port [I used Tawny Port]

POTATOES:

- 3/4 cup half and half
- 1 teaspoon fresh thyme, chopped (and more if potatoes are really thick)
- 2 pounds russet potatoes, unpeeled, scrubbed (or use Yukon Gold)
- 6 tablespoons unsalted butter
- 1 1/4 teaspoons table salt
- 3 ounces blue cheese, crumbled
- 1/2 teaspoon ground black pepper

Per Serving (excluding unknown items): 394 Calories; 18g Fat (47.1% calories from fat); 7g Protein; 38g Carbohydrate; 4g Dietary Fiber; 44mg Cholesterol; 680mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. **ONIONS:** Heat butter and oil in 10-inch nonstick skillet over high heat; when foam subsides, stir in salt and sugar. Add onions and stir to coat; cook, stirring occasionally, until onions begin to soften and release some moisture, about 5 minutes. Reduce heat to medium or medium-low; cook, stirring frequently, until onions are deeply browned and sticky, about 35 minutes longer (if onions are sizzling or scorching, reduce heat; if onions are not browning after 15 minutes, increase heat). Stir in port; continue to cook until port reduces to glaze, 8 to 10 minutes. Set onions aside.
2. **POTATOES:** If you prefer potatoes to be peeled, do that ahead. [I left the skins on.] While onions are cooking, bring half-and-half and thyme to boil in small saucepan or microwave oven; cover to keep warm.
3. Place potatoes in large saucepan with water to cover by 1 inch. Bring to boil over high heat, reduce heat to medium, and simmer until potatoes are just tender (paring knife can be slipped into and out of potato with very little resistance), 20 to 30 minutes. Drain.
4. Put potatoes through a food mill or ricer if desired. Or mash potatoes with potato masher directly in saucepan. Add warmed half and half and the blue cheese and fold in completely.
5. Add butter to potatoes stirring until incorporated. Sprinkle with salt and pepper to taste. Serve immediately, topped with onions. Or, can be made a few hours ahead (topped with the onions) and reheated, uncovered, in a 225° oven for about 35 minutes.