

CIPOLLE AL FORNO

(BAKED ONIONS)

Serves 4 as a side dish

INGREDIENTS:

4 Fresh Onions - Peeled and halved.
Fresh Parsley
Salt and Pepper
Olive Oil
Dry White Wine (Optional)

DIRECTIONS

Pre-heat your oven to 180°C/350°F.

Place the onion halves in a well-oiled baking dish, cut side up.

Season generously with salt and pepper, then sprinkle with the parsley and drizzle with olive oil.

Bake in the oven for around an hour until the onions are well reduced in size, very soft and slightly caramelized.

Baste the onions with their cooking juices every so often as they cook.

Be careful not to allow the onions to burn, which will give them a bitter taste.

If you are using white wine, add a small splash over the top of the onions about 5 minutes before they finish cooking.

This will give the onions a lovely light tang!

TIP: You can always cover the dish in foil for the first 30 minutes or so to avoid burning the onions.

This dish makes a lovely accompaniment to roasted or grilled meats.