

# Caramelized Onions

## Ingredient/Recipe Component



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

**Items Needed:** cutting board, knife, large bottom pan.

### Ingredients:

- 2 medium-large onions (preferably white, sweet, or Spanish)
- 2 tsp olive oil
- 2 tsp butter
- Salt and pepper to taste

### Directions:

1. Thinly slice and clean the onions.
2. Heat olive oil and butter together in the saute pan.  
(we want a large bottom pan because these are going to caramelize slowly.)
3. Add onions and season lightly with salt and pepper.
4. Cook on medium heat until they begin to stick to the bottom of the pan. Add a touch of water to deglaze the pan and reduce heat to medium-low.
5. Continue to let cook until the sugars caramelize and the onion is burned.



### Menu Ideas:

- We made flatbread with caramelized onions, mozzarella or goat cheese and an arugula salad topping.
- You could also use them to top sandwiches, or in wraps.
- Caramelized onions can be great as a dip when pureed with other ingredients like garlic, as a spread for a baguette, as a pasta sauce.