

Roasted Parmesan Onions

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 1 hour

Chef's Notes

This is a quick and inexpensive side to whip together. The onions are quite rich so just a few pieces each is fine. This recipe can also easily be halved.

Step 1: Preparing the Onions

- 4 medium yellow onions

Preheat oven to 375°F or (190°C)

Peel and slice the onions into approximately 1/4" -inch thick rings.

Step 2: Roasting the Onions

- 2 tbsp olive oil
- kosher salt (to taste)
- freshly ground black pepper (to taste)

Lightly grease a baking sheet and then spread the onions out flat. Drizzle with a bit more olive oil and season with salt and pepper.

Place into the oven and roast for about 15 to 20 minutes, or until the onions just start to brown.

Step 3: Preparing the Sauce

- 1 cup heavy cream
- 1/4 cup white wine (or vermouth)
- 1/8 tsp freshly grated nutmeg (or ground nutmeg)

While the onions are roasting bring the cream, white wine and nutmeg to a simmer over medium heat. As soon as you see bubbles around the edges remove from the heat and set aside.

You can also infuse the cream with fresh sage or a few sprigs of fresh thyme. Remove the herbs just before pouring the sauce over the onions.

Step 4: Baking the Dish

Once the onions are done, turn the heat down to 325°F (or 160°C). Transfer the onions to an ovenproof casserole dish (you can flip them over if you like, as the underside will have more color). Pour the sauce over the onions, cover with aluminum foil and place back into the oven. Bake for approximately 30 to 40 minutes, or until the onions are soft and very tender. Use a knife to test this, it should go through with no resistance.

Step 5: Finishing the Dish

- 1/4 cup Parmigiano-Reggiano cheese

To finish the dish increase the oven temperature to 475°F (or 220°C) and remove the onions from the oven while it reheats. Remove the foil from the dish, grate a bit of Parmesan cheese over each onion and then place back into the oven, uncovered. Let cook for 3 to 5 minutes, or until the cheese and onions start to caramelize. Serve hot and enjoy.