

# French Onion Dip

*Swick*

Makes 2 cups | Serves 4 to 6 | Active Time: 30 minutes | Total Time: 40 minutes

- 3 1/2 cups diced onion (approx. 2 med onions)
- 2 tbsp olive oil (to make oil-free, omit oil)
- sea salt, to taste

To start the onions, heat a large stainless steel frypan over medium-high heat and add the oil, followed by the onions and good pinch of salt and let cook for 6 to 8 minutes — stirring occasionally to promote even cooking. Once the onions start to brown slightly — around the 5-minute mark, turn the heat down just a bit to ensure the onions do not burn. You do want the heat high enough though otherwise, the onions will take forever to caramelize.

Note: To make the onions using no oil, use a bit of stock or water to deglaze the pan as the bits on the bottom brown.

Allow the onions to cook and caramelize, adding a touch of water or stock to deglaze the pan every 10 to 15 minutes, or as needed. Cook the onions for approximately 30 minutes, or until they have become a deep golden color — this may even take up to 60 minutes but the end result is well worth it.

Once the onions are done, remove them from the heat and allow to cool slightly while you prepare the rest of the dip. Note that this step can be done ahead of time.

- 1 cup (130 grs) raw cashews, soaked for 4 to 8 hrs
- 1 cup (140 gr) silken tofu
- 1 tbsp lemon juice
- 4 tsp vegan Worcestershire sauce
- 1/2 tsp granulated garlic
- 1/2 tsp granulated onion
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/4 cup water (more as needed)

To prepare the dip, place the cashews, tofu, lemon juice, Worcestershire sauce, seasonings, and water into a food processor and blend until smooth — scraping the sides as needed. If the mixture seems too thick, add a touch more water and blend again.

Next, add a couple of tablespoons of the caramelized onions and pulse a few times to blend them into the mixture.

At this point, scrape the mixture into a bowl and add the remaining caramelized onions and stir to combine.

Lastly, taste for seasoning, add more salt, pepper, and/or other flavorings such as lemon juice, Worcestershire sauce, etc., as desired.

This dip can be served immediately but it is also really nice chilled. This dip goes well with a variety of things from chips to vegetables. We often serve it with these Gluten-Free Rosemary Cassava Crackers .