

Roasted Garlic & Onion Buttah

Swick

Makes 4 cups | Active Time: 45 minutes | Total Time: 1 hour 30 minutes

Step 1: Starting the Buttah

- 1/4 cup raw garlic, peeled
- 2 cups shallot or white onion, peeled and diced
- 2 to 3 cups stock, heated
- 2 sprigs fresh rosemary or fresh thyme
- 1/4 tsp freshly ground black pepper, to taste

Preheat oven to 400°F (205°C).

To start, place the garlic and onions into a casserole or deep-sided baking dish and add just enough stock to just barely cover the ingredients. For the stock, we use this Faux Chicken Bouillon Powder but any good vegetable stock would work. Lastly, add the rosemary and freshly-ground black pepper.

Place the dish in the oven, and cook for approximately 40 minutes to 60 minutes. Be sure to check every 20 minutes or so to ensure nothing is burning, especially the garlic, as burnt garlic will make this the buttah bitter. Stir occasionally if needed.

Remove the casserole dish from the oven as soon as all liquid has nearly evaporated and the onion and garlic are just caramelized. Remove the rosemary.

Step 2: Finishing the Buttah

- 1 1/2 cup raw cashews, soaked in 3 to 4 cups of warm water until softened, then drained
- 1/4 cup non-dairy milk, if needed

To finish the buttah, in a food processor, add the roasted onions and garlic, cashews, and blend until smooth. If you seem to have a fair bit of liquid left, you may want to drain it first and save the liquid in case you need to thin the buttah down a bit. If the mixture seems a bit too thick, add a tablespoon or so of non-dairy milk or the reserved liquid.

Lastly, taste for seasoning, adding more salt, onion granules, garlic granules, and/or Faux Chicken Bouillon Powder, which works great as a seasoning as well.

Store the buttah in a sealed container in the refrigerator. For longer storage, place it into ice cube trays or larger blocks in the freezer for later use.

Chef's Notes

This recipe was inspired by super talented Chad Sarno from Wicked Healthy Food.