
Brown Braised Onions

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

18 to 24 small white onions (one-inch diameter)

1 1/2 tablespoons butter

1 1/2 tablespoons oil

1/2 cup beef bouillon (canned or from cubes)

salt (to taste)

pepper (to taste)

1 medium herb bouquet (4 parsley sprigs, 1/2 bay leaf, 1/2 teaspoon thyme), tied in cheesecloth

Peel the onions and make a shallow cross-cut in the core end.

In a skillet, saute' the onions over moderate heat for 10 minutes, rolling them around and being careful not to break the skins.

Pour in the liquid and seasonings. Add the bouquet. Cover and simmer slowly for 40 to 50 minutes or until the onions are tender and the liquid has evaporated.

Remove the herb bouquet.

Side Dishes

Per Serving (excluding unknown items): 333 Calories; 38g Fat (99.8% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 47mg Cholesterol; 176mg Sodium. Exchanges: 7 1/2 Fat.