
Cheddar-Caramelized Onion Bread

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 35 minutes

Start to Finish Time: 1 hour 30 minutes

1/2 cup + 2 tablespoons unsalted butter, divided
2 teaspoons caraway seeds
1 tablespoon extra-virgin olive oil
1 large red onion, thinly sliced
1 teaspoon Kosher salt, divided
1 cup almond flour
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 cup heavy cream
1 large egg
2 teaspoons honey
4 ounces (1 cup) cheddar cheese, shredded
Whipped Sweet Potato Butter (see recipe under "Condiments/ Butter ")
chopped fresh thyme (optional)

Place 1/2 cup of the butter into the freezer until solid, at least 30 minutes.

Preheat the oven to 350 degrees.

Heat a medium skillet over medium heat. Add the caraway seeds. Cook, stirring constantly, until lightly toasted, about 1 minute. Remove the seeds from the skillet and set aside.

Add oil to the skillet. Heat over medium-high. Add the onion. Cook, stirring often, until starting to soften, about 3 minutes. Reduce the heat to medium-low. Cook, stirring occasionally, until tender and browned, about 15 minutes. Season with 1/4 teaspoon of the salt. Remove the onion from the skillet. Let cool for 10 minutes.

Place a nine-inch cast-iron skillet in the preheated oven. In a medium bowl, stir together the almond flour, all-purpose flour, baking powder, baking soda, 1/2 teaspoon of salt and the toasted caraway seeds.

In a separate bowl, whisk together the cream, egg and honey.

Remove the frozen butter from the freezer. Using the large holes on a box grater, grate the frozen butter into coarse shreds. Add the shredded butter to the flour mixture, stirring to combine. Add the cream mixture, cheese and caramelized onions to the flour mixture. Stir just until the dough comes together.

Turn the dough out onto a lightly floured surface. Pat into an eight-inch circle. Add the remaining two tablespoons of butter to the hot cast-iron skillet, swirling to melt. Gently place the dough in the skillet. Sprinkle with the remaining 1/4 teaspoon of salt.

Bake until the sides and top are golden brown, 20 to 25 minutes. Remove from the oven and let cool in the skillet for 5 minutes. Remove the bread from the skillet and place on a wire rack to cool to room temperature, about 30 minutes.

Sprinkle with thyme, if desired. Serve with Whipped Sweet Potato Butter.

Bread, Muffins

Per Serving (excluding unknown items): 427 Calories; 33g Fat (68.4% calories from fat); 17g Protein; 17g Carbohydrate; 1g Dietary Fiber; 122mg Cholesterol; 703mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.