

Red Onion and Red Pepper Marmalade

Author: A clipping from the Los Angeles Times Food Section

Carolyn T's
Cookbook

Servings: 8



- 2 whole red bell peppers
- 2 tablespoons olive oil
- 2 whole red onions, halved, thinly sliced
- 2 teaspoons sugar, or Splenda
- 1/4 cup balsamic vinegar
- 1 teaspoon dijon mustard
- 1 teaspoon coarse salt
- 3 tablespoons fresh basil, minced
- 1 1/2 teaspoons fresh thyme, minced
- 1 1/2 teaspoons fresh rosemary, minced
- 2 tablespoons butter, optional

Serving Ideas: This has a sweet and sour taste, so would be nice served with beef or chicken. This is particularly made as a relish for hamburgers or grilled meat.

Categories: Miscellaneous

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 85 Calories; 6g Fat (64.7% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

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Notes: The butter may not be necessary - I don't use it - your choice. Can also be made with yellow or white onions.

Description: A kind of sweet/sour relish/garnish, great with hamburgers

Preparation Time: 20 minutes

Start to Finish Time: 35 minutes

1. Preheat the broiler.
2. Stand the peppers on their end and cut each into 4 flat sides and remove seeds and ribs. Arrange the peppers skin side up in a single layer on a foil-lined pan and broil until blackened, between 5-10 minutes. Remove them from the oven and wrap the peppers in the foil. Wait until they're cool enough to handle, then remove the skin. Cut them into thin strips and set aside.
3. Heat the oil in a large nonstick skillet over medium-high heat. When hot, add the onions and sugar. Cook, stirring often until the onions are lightly colored (not dark brown) about 10 minutes. Turn down the heat if they appear to be browning too quickly.
4. Stir in the vinegar, mustard and salt. Cook, stirring often, until the onions are soft, about 7 more minutes. Stir in the red bell peppers; heat through. Adjust seasoning. This can be made to this point several days ahead and refrigerated.
5. To serve, gently reheat even if you're serving it at room temperature. Stir in the herbs, and when hot stir in the butter until melted. Taste and adjust seasoning. Serve hot or at room temperature.