

Caramelised onions

READY IN 50 minutes

Delicious as a base for savoury tarts, mouth-watering caramelised onions are easy when you have the know how.



1 If desired, heat oil in a Tefal sauté pan. Slice brown or red onions.



2 When the Tefal Thermo-Spot® changes to full red, it has reached the perfect cooking temperature. Add the onions and generous pinch of salt to the pan.



3 Cover with lid and cook onions very slowly for 15-20 minutes, stirring occasionally.



TOP TIP: Caramelised onions keep well stored in an airtight container in the fridge for up to three weeks. For full recipe go to foodtolove.co.nz



4 When onions are softened and slightly golden, add balsamic vinegar and brown sugar.



5 Cook over a low heat for a further 5-10 minutes, stirring occasionally.

Sauté secrets explained

Sort out those sauté skills and cook impeccable caramelised onions every time with the Tefal sauté pan