Caramelised Onion and Balsamic Relish
(Serves 6-8)

INGREDIENTS:

1/3 cup olive oil
4 large red onions, finely sliced
2/3 cup firmly packed brown sugar
2/3 cup balsamic vinegar
½ tsp. salt

METHOD:

1. Heat oil in large frying pan. Add onions and garlic and cook, covered, over low heat for about 10-15 minutes, stirring occasionally until soft.
2. Add sugar, vinegar and salt. Bring to the boil; simmer, uncovered, stirring occasionally for about 5 minutes – until most of the liquid has evaporated and the onions are caramelised.