

Sweet & Sour Cipolline



There are small Spanish and white onions, there are pearl and boiler onions and then there are “cipolline.” This wild onion variety is small and flat, rather than round, with a tiny pointed top end. They are easily found in Italy and are used in this type of recipe or in hearty meat or vegetable stews.

Slowly simmering or braising these onions accentuate their full distinct flavor. They are so good, I assure you that you can’t eat just one. In fact, why not double this recipe right from the start?

Serving size: 5 pieces. Serves 6.

Ingredients

1 lb cipolline (approximately 30)
1 Tablespoon extra virgin olive oil
2 teaspoons sugar
½ cup balsamic vinegar
1/8 teaspoon salt

Directions

1. Bring 2 quarts of water to a boil in a medium sized saucepan. Cut an “x” in the root end of each onion. Drop the onions into the water and boil for 3 minutes.
2. Drain the onions into a colander and cool under running cold water. Put the onions back into the saucepan, cover them with cold water and let them sit for at least 15 minutes (longer would be better). This is the secret to avoiding gastric distress later on.
3. Drain the onions again in the colander and pat dry with a paper towel. Snip off the pointed top of each onion using kitchen scissors. The outer skin will now easily peel away.
4. Heat the oil in a medium sized shallow pan. Add the onions, making sure they form just one layer. Brown them on all sides (approximately 10 minutes). Use two spoons to turn them in the pan.
5. Add the remaining ingredients (sugar, vinegar and salt) and mix well. Lower the heat to a simmer, cover the pan and cook for 45 minutes. Turn occasionally.
6. Using a slotted spoon, transfer the onions to a warm serving dish. Add a few tablespoons of water to the syrup in the pan and amalgamate well. Pour the sauce over the onions and serve.

N.B. The flavors of this dish taste even better after 2-3 days.

Nutritional Information

Calories: 80	Carbohydrates: 13 g
Protein: 1 g	Fat: 3 g
Saturated Fat: < 1 g	Cholesterol: 0 mg
Fiber: 1 g	GI Value: 7 - low