

Maple-Onion Jam

Goats, Guests, and Glorious Food | May 2007



Maple syrup is used to make this sweet-tangy treat. Serve it with bread and cheese as an appetizer or with meat as a condiment.

- 2 TBSP. UNSALTED BUTTER
- 2 TBSP. CANOLA OIL
- 3-4 LARGE ONIONS, QUARTERED AND THINLY SLICED (4 CUPS)
- 1/2 TSP. SEA SALT
- 1 TBSP. SNIPPED FRESH THYME
- 1/4 TSP. GROUND BLACK PEPPER
- 1/2 CUP MAPLE SYRUP
- 2 TBSP. BALSAMIC VINEGAR

Heat butter with canola oil in a large skillet over medium-high heat until butter melts. Add onions and salt, and cook and stir until onions start to soften, about 3 to 4 minutes. Reduce heat to medium-low; add thyme and pepper. Cover skillet; cook until onions are very tender, about 10 to 12 minutes, stirring twice.

Remove cover and increase heat to medium-high. Add maple syrup and bring to a simmer. Reduce heat to medium; cook, uncovered, until most of the maple syrup is evaporated (about 15 to 20 minutes more), stirring often. Remove from heat; stir in balsamic vinegar. Transfer to a storage container. Cover and refrigerate for up to 1 month. Bring to room temperature before serving. Makes 16 (1 tablespoon) servings.

Per serving: 69 cal., 3 g fat (1 g sat. fat), 4 mg chol., 52 mg sodium, 10 g carbo., 0 g fiber, 0 g pro.