

This was originally posted on June 7th, 2008. I have been looking through some old posts and recipes for ideas to include in my new Gluten free Vegan world. Because things like butter and cheese are no longer a part of my life, condiments like this are starting to play a starring role at meal time. This is a favorite, and with Vidalia time just about over now is the perfect time to cook up a batch and spoil your friends and family.

--- Colleen

It's a triple h kinda weekend...hazy, hot and humid. Mid 90's and humidity so high it might as well be raining. It's a super cool 70 in the house, a luxury that having MS made a necessity, so continuing to cook in the oven and whatnot is no huge deal for me. I know that grilling is however, the cooking method of choice for many of you during these sweltering days and evenings.

I thought I would take a quick peek and gather up some of my most used tried and true summer condiments and things of that nature. Most are standard recipes used in the trade, learned in the trenches. They are the same delightful recipes used in the super premium bottled products you buy in the specialty markets...just better. This is by far, one of the single most used recipe I have in the summer.



Onion Marmalade

8 cups thinly sliced onions (I use Vidalia's in season)

12-15 pressed garlic cloves

1-1/2 teaspoons salt

1 teaspoon dried thyme

1/2 teaspoon tomato paste

1/4 cup Pinot Noir (homemade is best!)

Add the ingredients to a good sized saute pan and cook over medium flame for nearly 30 minutes, add

additional Pinto Noir by the tablespoon when and if the onion begin to stick. They should be soft, richly brown and sinfully sweet and savory. Remove the cover and continue to cook, adding wine until They are soft, richly brown and sinfully sweet and savory.

Allow this to cool and pop it into a big jar to keep in your fridge. Use it to top burgers, add to salads, on your pizzas, sandwiches, to top chicken breast, on bagels or atop a slice of warm bread. Sauteed into a pan of potatoes is a favorite here! Don't be surprised to find yourself looking for recipes to use this with.

Use your jar of onions within 10 days, and keep refrigerated. This recipe can be halved, but trust me... you'll use it all. Or better yet, share it with friends by packing it into tiny jars with a kraft paper tag. They think you are a the best friend ever