

Onion recipes

Slow roasted onions with cheese - Serves 2

I always thought onions and cheese worked really well in sandwiches and salads, but I'd never tried it hot until now. This dish works really well as the main part of a lunch or dinner.

Preparation Time:- Approx 10 minutes.

Cooking Time:- Approx 1hr – 1hr 20 minutes

Ingredients:- 4 medium sized onions, olive oil, your favourite cheese

Instructions:- Peel the onions and cut a cross through them down to the root, but keep them whole. Put them in a roasting tin and drizzle with olive oil. Cover with foil and place in a pre heated oven on gas mark 4/180c/350f. Roast for approximately 45 minutes. Remove from oven, baste with oil and juice in tin and return to oven without the foil for a further 15 minutes. Take your cheese and grate or thinly slice as much as you fancy. Place on top of the onions and return to the oven until the cheese starts to melt. Eat straight away.

Handy Hint:- You might need an accompaniment to this, I suggest some crust French stick and a good dollop of butter, or if you fancy something lighter, than a green leaf salad.