

Caramelized Onions

Petimezi - concentrated grape juice

Ingredients

3-4 Dried onions
1 Cup Petimezi
1 Leaf Laurel
5-6 Pimentos (Allspice)
1 tbsp. Extra virgin olive oil
Salt & Pepper



Preparation

Καλή όρεξη!

- Peel the onions, wash them and cut them into thin slices.
- Give the onions in a pan and light the eye on medium intensity.
- Add Petimezi and extra virgin olive oil.
- Season with salt and pepper and add the bay leaf and pimentos.
- Stir constantly with a wooden spoon until the onions soften and caramelize.
- Take your time to caramelize nicely.

Tip

Try the caramelized onions together with Fava.
See the recipe below.



Wisdom of Nature
organic grape products

Koutsis, 20500 Nemea, Greece
www.sofiatisfisis.gr
mail@sofiatisfisis.gr

Fava

with caramelized onions

Ingredients

500gr. Yellow split peas (Fava beans)
2 Red onions
2 Cloves of garlic, chopped
1 lit Warm water
Juice of 2 lemons
1/3 Cup extra virgin olive oil
Thyme
Caper
Salt & Pepper



Preparation

Καλή όρεξη!

- Rinse the split peas with plenty of water.
- Heat a large pot over medium-high heat
- Add 2-3 tbsps. olive oil, the onions, garlic and some fresh thyme and sauté.
- Add the peas mix it and pour in the warm water and the olive oil, turn the heat down to medium and season well with salt and pepper.
- Simmer with the lid on for about 40-50 minutes, until the split peas are thick and mushy. While the split peas boil, some white foam will probably surface on the water. Remove the foam with a slotted spoon.
- When ready, pour in the lemon juice and transfer everything in a food processor. Mix, until the peas become smooth and creamy, like a puree.
- Serve the fava with a drizzle of olive oil, the caramelized onions and caper.



Wisdom of Nature
organic grape products

Koutsis, 20500 Nemea, Greece
www.sofiatisfisis.gr
mail@sofiatisfisis.gr