Tabitha’s Dry-Fry Method

*Very important to practice before starting any of the recipes!!!*

**NB: You’ll need a thick-bottomed pot that is NOT non-stick.**

# Ingredients:

* 1 onion, finely chopped
* ½ cup boiling water with 1 heaped tsp stock powder in it (this can be vegetable, chicken or beef stock powder – depending on the dish you are making)
* ½ cup apple juice (not for drinking)
* Wooden spoon
* Heavy-bottomed pot that is NOT non-stick!!!

# Method:

1. Place the pot over a very high heat stove-plate. Leave it to heat, dry, while you get busy.
2. Chop the onions as finely as you can.
3. When onions chopped, scrape into the (now-hot) pot, and toss until spread evenly over the heat. Leave it to stick. (NO mistake made, here.)
4. While you are waiting for the onions to start sticking, place the boiling water in a measuring cup and stir in the powder. Then stir in the apple-juice.
5. When you return to the stove, armed with your dry-fry mixture, you will notice that the onions have really begun sticking. GOOD!!!
6. With the wooden spoon in your right hand and the dry-fry mixture in your left, carefully pour a small amount of the dry-fry mixture into the onions (only about 2-3 tablespoons’ worth). There will be NO simmering – only a dramatic hiss while all the fluid converts immediately to steam. The intense heat scald the onions and browns them a little.
7. Toss the onions rapidly over the still-high heat, ***until they begin to stick again***.
8. Add a little more dry fry mixture into the onions (only about 2-3 tablespoons) and watch the dramatic hissing while it rapidly evaporates to steam and brown the onions a little more.
9. Toss the onions rapidly over the still-high heat, ***until they begin to stick again***.
10. Repeat this adding of small bits about 4-5 times (each time letting the onions get to sticking stage otherwise it won’t work) until you are happy with the colour(light golden) and aroma (rich and sweet fried onions). Then, and only then, add all of the rest of the fluid. Stir in all of the lovely caramelised brown colour from the bottom of the pot, turn down the heat to medium, and boil until onions are soft and fluid is gone (about 2-5 minutes).
11. With the heat still on med/high, start cooking the meat of choice, because the wine/apple juice create a bit of a non-stick pot for you.

Practice makes perfect! Please don’t skip this because it looks like too much ‘P.T.’ If you just simmer onions in stock and wine, you will end up with insipid and sour, white onions that smell a lot like a wet dog. A good foundation is imperative, so get it right. It’s easy after a while!!