

Onion Gravy

Introduction

This is a very simple recipe that you can knock up in small batches to use fresh, add to meals for freezing or you can make a smaller portions to keep in the freezer.

Ingredients

- Medium to Large Onion
- ½ tsp Mixed Herbs
- 2 tsp Bisto
- 300ml Water
- Sunflower Oil or knob of butter

Options

- You can make a whole range of flavours or introduce your own seasoning to suit
- You can use stock cubes or a schwartz beef casserole sauce if you want stronger flavours and larger quantities.

Equipment

- Sharp knife
- Large Pot
- Kettle
- Basic utensils – nothing special!

Preparation

There's not much to prepare other than prep the onion!

- Put the water into an empty kettle and get it on to boil.

Method

Boil a kettle of water

Peel and fine slice the onion. (*See Techniques*)

Add to the pot with the sunflower oil or butter.

Gently heat the onions to soften them but not to get them very dark.

This should take about 5 minutes.

Add the boiled water to the pot and pop in the mixed herbs.

Mix the Bisto in a cup with a splash of water until there are no lumps.

Add the Bisto to the pot and return to the boil.

Simmer for a further 5 minutes.

This should not need any further seasoning but you might like to add a little bit of black pepper.



Portions

Number of portions 3 - 4.

Storage

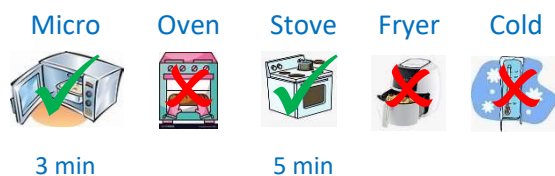
This can be served fresh but also ideal for freezing in small pots for adding at the time of heating individual meals.

Allow to cool before freezing

Heating & Serving

Heating instructions from defrosted are a guide only.

Be sure the gravy is piping hot throughout before serving.



Adjust times if heating frozen.

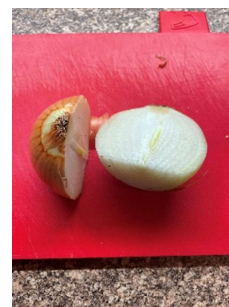
Note: It is much safer if we have a flat cut to lie the onion face-down for future cuts. The first cut will not have a flat bottom – but all cuts after that will, and that reduces the chance of the onion rocking or the knife slipping.

Technique

Fine Slicing Onion



Cut the top off the onion



Lay face down and cut in half through the root



Remove the skin



For "quarter" slices, cut down the middle – but not all the way to the root. This holds the onion together for making your fine slices.



Start making the fine slices until you get about half of the onion sliced. It's getting tricky now as you cut on the "down slope" near the root!



Lay the onion face down on your cut surface and take a little bit off what was the top. This gives a flat surface on the top for the final cuts.