
Pan-Fried Onion Dip

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Start to Finish Time: 40 minutes

By combining butter and oil, you get the best properties of each: the flavor of butter and the high smoke point of oil.

4 large yellow onions
4 tablespoons unsalted butter
1/4 cup vegetable oil
1/4 teaspoon ground cayenne pepper
Kosher salt
freshly ground black pepper
4 ounces cream cheese, room temperature
1/2 cup sour cream
1/2 cup good mayonnaise (Hellman's)
potato chips (for serving)

Cut the onions in half. Then slice them into 1/8-inch-thick half-rounds. (You will have about three cups of onions.)

In a large saute' pan on medium heat, heat the butter and oil. Add the onions, cayenne, one teaspoon of salt and 1/2 teaspoon of black pepper. Saute' for 10 minutes. Reduce the heat to medium-low. Cook, stirring occasionally, for 20 more minutes until the onions are browned and caramelized. Allow the onions to cool.

Place the cream cheese, sour cream and mayonnaise in the bowl of an electric mixer fitted with a paddle attachment. Beat until smooth. Add the onions and mix well. Taste for seasonings.

Serve at room temperature with potato chips.

Yield: 2 cups

Appetizers

Per Serving (excluding unknown items): 1698 Calories; 165g Fat (85.3% calories from fat); 18g Protein; 46g Carbohydrate; 8g Dietary Fiber; 300mg Cholesterol; 416mg Sodium. Exchanges: 1 Lean Meat; 6 1/2 Vegetable; 1/2 Non-Fat Milk; 32 Fat.