

Biscuits Supreme with Caramelized Onions

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BALSAMIC CARAMELIZED ONIONS

- 1 tablespoon olive oil
- 1 pound red onions, halved lengthwise and thinly sliced
- 1/4 cup dry white wine
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

BISCUITS

- 3 cups all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 3/4 teaspoon cream of tartar
- 3/4 cup butter or 1/2 cup of butter and 1/4 cup of shortening
- 1 1/4 cups buttermilk or 1 cup of milk

To make the caramelized onions: In a large skillet, heat the olive oil over medium-low heat.

Add the onions. Cover and cook for 13 to 15 minutes or until the onions are tender, stirring occasionally.

Uncover, cook and stir over medium-high heat for 3 to 5 minutes more until evenly golden.

Carefully add the wine and vinegar. Cook and stir over medium heat until the liquid has evaporated.

Stir in the salt and pepper. Set aside.

Preheat the oven to 450 degrees.

In a large bowl, stir together the flour, baking powder, sugar, salt and cream of tartar.

Using a pastry blender or fork, cut in the butter until the mixture resembles coarse crumbs. Make a well in the center of the flour mixture. Add the buttermilk all at once. Using a fork, stir just until moistened.

Turn the dough out onto a lightly floured surface. Knead the dough by folding and gently pressing the dough for 4 to 6 strokes or just until the dough holds together. Pat or lightly roll the dough to 3/4-inch thickness. Cut the dough with a floured 2 1/2-inch biscuit cutter. Re-roll the scraps as necessary. Dip the cutter with flour between cuts.

Place the biscuits one inch apart on an ungreased baking sheet.

Bake for 10 to 12 minutes or until golden.

Remove the biscuits from the baking sheet. Split the warm biscuits in half and fill with some of the Balsamic Caramelized Onions.

Yield: 12 biscuits

Per Serving (excluding unknown items): 1765 Calories; 18g Fat (9.4% calories from fat); 44g Protein; 345g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 4641mg Sodium. Exchanges: 19 Grain(Starch); 7 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.