

Less than 30 minutes

Makes 3 cups

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 10 onions, chopped or sliced (red onions work well too)
- 3 cloves garlic, chopped
- 3 red chillies, deseeded and chopped
- 2 bay leaves (fresh or dry)
- Handful fresh thyme (optional)
- 2 Tbsp (30ml) butter
- 1 cup (250ml) balsamic vinegar
- ½ cup (125ml) brown sugar
- 1 tsp (5ml) chilli flakes (optional)
- Salt and milled pepper

Method:

1. Heat oil in a large pot and sauté onion for 8-10 minutes or until slightly golden, stirring at regular intervals.
2. Stir through garlic, chilli, bay leaves and thyme, if using, and cook for another 4-5 minutes.
3. Add butter, balsamic vinegar, brown sugar and chilli flakes, if using, and cook on a high heat for 3-4 minutes.
4. Reduce to low-medium heat and stir occasionally until syrupy.
5. Season well and remove bay leaves and thyme. Cool.
6. Store marmalade in an airtight jar in the fridge. (Once opened, it can last for up to two months).
7. Serve on thick slices of toasted ciabatta with gooey gorgonzola or crumbly blue cheese and slices of ham.