



SAUNDERS' MALT EXTRACT

Preparation

10
MINS

Cook Time

15
MINS

Makes

1
CUP

Difficulty

MEDIUM

MALTED ONION MARMALADE

Perfect for serving with a cheeseboard, adding to sandwiches or, our favourite combination: dolloping on blue cheese. The marmalade will keep in the fridge for up to a week.

INGREDIENTS

- 500g brown onions (about 4–5 medium onions)
- 4 tbsp olive oil
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 tsp mustard powder
- 1/8 cup sultanas
- 1/8 cup apple cider vinegar
- 1/4 cup Saunders' Malt Extract

METHOD

- 1** Peel and finely dice onion (use a food processor to speed things up if you like). Heat oil in a large frying pan over medium heat and add the onion. Season with salt and pepper. Cook, stirring for 10 minutes, the onion should become translucent and starting to caramelize gently.
- 2** Add remaining ingredients and cook for another 5 minutes, stirring continuously, for the mixture to thicken and become a rich brown colour.
- 3** Remove from pan and serve.
- 4** Store leftovers in a jar in the fridge for up to a week.

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