

Sicilian-style Onion Jam

Makes about 1 pint | 10 minutes prep + 30 minutes cook time

Cooks all across Italy make a dish with onions called cipollata, which translates to ‘cooked onions’ and comes from the Italian for onions, cipolle (pronounced chi-polleh). In Umbria it’s a soup made with tomatoes while the Calabrian version is just onions cooked in olive oil and red pepper. They’re all part of what’s called cucina povere, the food of working people who’ve learned how to coax the most flavor from humble ingredients.

Sicilian cipollata, called cipuddata in the island’s dialect, is jammy with the sweet and sour agrodolce flavor brought from North Africa by the Moors. Often served alongside grilled fish or meat, especially the next day’s room temperature leftovers, it’s just as good heaped onto grilled bread or stirred into a bowl of pasta or beans.

3 onions, preferably sweet onions, chopped

3 tablespoons extra virgin olive oil

2 tablespoons honey

2 tablespoons Katz Trio red wine vinegar

Salt to taste

Step 1 Cook onions in olive oil and pinch of salt over medium heat, stirring occasionally, until well-browned, about 25 minutes. Reduce the heat and add a tablespoon of water if the onions appear to be browning too quickly.

Step 2 When the onions are very well browned, add the honey and vinegar. Cook for 3-5 minutes, taste and add salt if needed. Store into the refrigerator for a week or so.