

French Onion Dip

line #	qty	units	ingredients	notes
1	1-3	ea	onion - diced/minced (approx = 1 cup)	size is not critical, as you can use more & adjust other ingredients as desired
2	2 - 4	TBLS	coconut oil and/or butter and/or olive oil	to cook onions (carmelizing)
3	16	oz	sour cream	
4	5-7	tsp	Billy Goat Mountain French Onion spice	depending # of onions. Start at 5, you can always add more to taste
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- 1 Pre-heat large diameter skillet (sauce pan) over medium-high heat, with coconut oil (or butter)
- 2 Dice/mince the onion, minced is better (I use a food processor)
- 3 Put diced/minced onions in pan to brown while occasionally stirring and mixing onions (2-5 minutes???)
- 4 When sizzle ends, they are about ready. If a little burned, that is OK. Be sure to scrape any burnt onion from pan.
- 5 This process is called "carmalizing" or pyrolysis. Pyrolysis is the creation of glutamates, which is what makes food taste GREAT.
- 6 This is why we like burnt meat, brown sugar, carmel, etc.
- 7 You may wish to let onions cool - I sometimes do.
- 8 Add Billy Goat Mountain's French Onion dip mix with the sour cream into the food processor (or however you wish to mix)
- 9 and blend for a few seconds
- 10 Add carmalized onions and mix using food processor (or however you wish to mix).
- 11 Taste. If too strong, add more sour cream (a very little at a time) and mix, taste again . If needed repeat this step.
- 12 Usually, the taste will be stronger the next day.
- 13 Served chilled or how you desire

This spice makes a GREAT sprinkle on salads.

Contributed by ... Rocky

approximate serving size = party

mailto: spice#billygoatmountain&net

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