

Rice with Caramelised Onion and Black Garlic

Recipe from
Neudorf Black

This recipe is adapted from world renowned Chef Yotam Ottolenghi and his recipe book Simple.

Prep time: 10 min

Cook time: 1 hours 15 Mins

Serves: 1-2

Method

Heat 85ml oil in a large saute pan that has a lid.

Fry the onions with a 1/4tsp of salt for 12 minutes. Keep stirring so they don't burn.

Add the lemon skin, fry for 12 minutes more, stirring often, until the onions are caramelized and dark, then transfer to a plate.

Fry the remaining oil, rice and a teaspoon of salt in the same pan for a minute, stirring continuously, then add 500ml water and bring to a boil.

Once a boil is reached, turn down to simmer for 45 mins with the lid on. Stir occasionally.

Once the rice is done, remove from the heat and stir in the caramelised onions, lemon juice and black garlic puree or essence.

Serve at once, topped with a generous spoonful of yoghurt and a sprinkle of parsley.

Ingredients

100ml oil

3 large onions, peeled and cut into 2cm-wide wedges

Salt

2 tbsp fresh Lemon Juice

200g brown rice, rinsed

500ml water

1 generous tsp of Black Garlic Puree

OR 2 tsp Black Garlic Essence

150g Greek-style yoghurt

10g parsley leaves, roughly chopped



The secret is taking the time to caramelize the onions properly: the darker the colour, the sweeter they will be. Also the lemon in this dish is inspired - a perfect counterpoint to the richer umami flavours of the dish.