

Katie's Caramelized Onion Dip

From Katie

Onion dip is perhaps one of earth's most perfect foods. This version, simplified and adapted from Alison Roman, is next level: sweet from the caramelized onions, a little spicy from the raw garlic, and incredibly creamy from the mix of dairy. Cooking the onions is time-consuming, but well worth it. Listen to a podcast while you stir, and your patience will be rewarded.

INGREDIENTS

1-pound onions, sliced
(. . . or as many as you have to use up before leaving a rental on Orcas Island)
1 tbs butter
1 tbs oil
1 cup of yogurt or sour cream in any ratio that you have
(50/50 works well, but use whatever you have!)
1 dollop mayo (for flavor)
1 clove of garlic grated
2 tbs of lemon juice
Salt & pepper
Chives or scallions
(optional, for an extra-fancy garnish)

DIRECTIONS

1. Thinly slice your onions
2. Heat a frying pan over medium heat and melt butter with oil
3. Once butter is melted, add onions, salt, and pepper. Season well, but conservatively: the flavor will only concentrate as the onions cook down and caramelize.
This should take a solid 40 minutes, maybe more. Be patient, there's no way to rush this process. Stir fairly consistently so they don't burn and if onions start sticking, throw in another knob of butter. Onions should get deeply brown, jammy, and incredibly delicious.
4. Once onions are caramelized, remove from pan. Thinly spread across a plate and let cool completely.
This can be sped up by putting the onions in the refrigerator.
5. In a mixing bowl, add yogurt/sour cream, dollop of mayo, grated garlic, and cooled onions and mix.
6. Add lemon juice, salt and pepper to taste and consistency.
If you find the flavor needs a boost, try adding lemon zest, another clove of garlic, or red pepper flake.
7. Garnish with chives or scallions and serve chilled with potato chips.
Ruffles, in all of their "ridged" glory, are perfect for maximizing the chip-to-dip ratio. But this dip is also great with carrots, cucumbers, crackers, or honestly just a spoon...