Sticky Roasted Onions with Butter Bean Mash

3 bowls, each with one-third of the sticky onions and warm bean mash · Active 20 min · Total 1 hr

Skills: Easy

Ingredients

- 4 large onions (750 g peeled), cut into wedges with a little root attached
- 2 tablespoons neutral or olive oil (30 ml), for the onions
- 2 tablespoons cider vinegar (30 ml)
- 1 tablespoon granulated sugar (12 g)
- 1/4 cup water (60 ml)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 2 cans butter beans, 15 oz/425 g each, drained and rinsed (480 g drained)
- 2 teaspoons neutral or olive oil (10 ml), for the mash
- 2 garlic cloves (6 g), finely chopped
- 3/4 cup milk (180 ml)

Set out

Small roasting dish, Foil, Medium saucepan, Potato masher or fork, Knife and board

Allergens

Milk. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C. Place onion wedges in the roasting dish. Mix the 30 ml onion oil, vinegar, sugar, water, half the salt and pepper and pour over them. Cover with foil.

2. Roast covered for 15 minutes. Uncover, turn the wedges gently and roast for 25–30 minutes more, turning once, until tender with browned edges and sticky pan juices. Add a tablespoon of water if the dish dries before the onions soften.

3. During the last 15 minutes of roasting, heat the mash oil in the saucepan over low heat. Cook garlic for 30 seconds, add drained beans, milk and remaining salt and simmer gently for 6–8 minutes.

4. Mash the beans in the saucepan. Heat for another 2 minutes, stirring, until thick, soft and steaming hot. Divide among three bowls and add one-third of the onions and pan juices to each.

Choose onions by condition, not perfection

Firm ordinary onions are suitable. Cosmetic dry-skin differences do not matter after peeling; avoid soft, leaking or mouldy onions. Use the peeled weight to size the batch rather than buying unusually large display onions.

A useful detail

A snug roasting dish keeps the small amount of glaze around the onions. A huge bare tray lets the vinegar and sugar dry out before the centers soften.

Keep it well

Cool onions and bean mash in separate shallow containers within 2 hours, or 1 hour above 90°F/32°C. Refrigerate covered at 40°F/4°C or below for up to 3 days. Reheat both to 165°F/74°C, adding a little water or milk to loosen the mash.