



# Onions Slow-Cooked in Whey

*makes about 2 cups; inspired by Blue Hill at Stone Barns*

- 4 medium yellow onions, peeled and thinly sliced (about 6-7 cups)
- 1/2 teaspoon sea salt
- 1 1/2 cups whey (from goat or cow milk, preferably organic)

Combine all ingredients in a heavy saucepan and bring to a boil. Reduce heat immediately and simmer, partially covered, until all the liquid is absorbed and onions are pale golden and very, very soft, about 2-3 hours.

Eat with potatoes, rice, toast, tomatoes, roast chicken or braised meats. Spread on a cracker with cheese. Spoon into your waiting mouth.