

Nutritious Onions Sauces(Chutneys)

To Add Flavor To Baby Food



Plain onion chutney

1. Roast two tablespoons of peanuts in oil until they turn light brown.
2. Add chopped onions, a few curry leaves, and garlic, and fry until the onions turn soft and translucent.
3. Turn off the heat and set the pan aside to cool.
4. Grind the mixture into a lump-free, smooth paste and serve.



Caramelized red onion chutney

1. Roast the red onion slices in oil on a medium flame for 15 minutes until they turn brown.
2. Add grated garlic, pepper powder, and little sugar.
3. Cook the mixture for five minutes and then turn off the heat.
4. Once the mixture cools down, grind it to a semi-coarse paste and serve.



Soubise (French onion sauce)

1. Cook onion slices in unsalted butter until they have softened but not browned.
2. Add a cup of heavy cream and cook until bubbles start to form. Simmer the mixture for 5 minutes on low-medium heat.
3. Blend the mixture into a smooth sauce. Strain the sauce through a fine-mesh set over a small saucepan.
4. Add kosher salt, white pepper powder, and ground nutmeg, and stir to combine.