

Category:Red Onion Jam

M-307-00

Yield

Salad, Salad Dressings and Relishes 400 Portions

G4G Color Code

Each Portion

green

2 Tbsp (1.19 oz)

Sodium Code

Pan Size and Number

low

Steam-Jacketed Kettle

Ingredients

Item	Measure	Weight	Approx issue
OIL, CANOLA	½ cup	3-¾ oz	
ONIONS, RED, FRESH, SLICED	2-¼ gal	8 lb 6 oz	9 lb 5 oz
VINEGAR, BALSAMIC	3-½ cups	1 lb 15 oz	
SUGAR, BROWN, LIGHT, PACKED	3-½ cups	1 lb 10 oz	

Nutrition Facts

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Calories 63
Carbohydrates13 g
Sugars*11 g
Protein1 g
Fat1 g
Saturated Fat0.1 g
Cholesterol0 mg
Sodium6 mg
Calcium18 mg
Fiber0.7 g

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Add oil to a steam-jacketed kettle or stockpot; heat slightly. Add onions; Sauté the onions for 8 to 10 minutes until slightly tender, stirring periodically.
3. Add vinegar and brown sugar to onions; stir to mix well. Cook, uncovered, for 30 to 33 minutes at a low simmer until the onions are very tender but still has color. Stir occasionally to prevent sticking. Remove from heat.
4. Transfer to serving pan; cover. CP: Hold for hot service at 135°F (57°C) or use in other recipes as specified.

Time

30-33 min.

Recipe Notes

1. In Step 3, a smaller sized steam-jacketed kettle (5 gal capacity or less) is the most appropriate piece of equipment to use for preparing this recipe volume.
2. Serving suggestions: Serve onion jam as an accompaniment to: L-317-00/01 Grilled Salmon; L-143-00/06 Baked Chicken (8 piece cut)/Baked Quarter Chicken or L-085-00/01 Braised Pork Chops/Grilled Pork Chops. Red onion jam may also be used as a spread for sandwiches.
3. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.