

## **French Onion Dip**

*Courtesy of **In Our Grandmothers' Kitchens***

### *Ingredients:*

2 teaspoons butter  
1 tablespoon extra-virgin olive oil  
2 large onions, cut into thin slices (my slices could have been thinner!), with each slice cut in half  
1/2 teaspoon Dijon mustard (I used mustard with a little garlic, which lent a lovely flavor)  
1 tablespoon dry sherry  
salt and pepper to taste (I used about 3/4 teaspoon sea salt and three grinds of the pepper mill)  
1-1/2 cups sour cream (half of this could be Greek yogurt if you want to be healthier)

### *Instructions:*

The dip is best prepared early in the day or the night before you wish to serve it. It needs time in the refrigerator to let its flavors blend and mature.

Combine the butter and olive oil in a nonstick skillet over medium-low heat. When the butter melts stir in the onion slices. Cook them slowly, stirring every 5 minutes or so, until they are reduced and turn a lovely golden brown. This will take at least 1/2 hour and may take as long as an hour.

When the onions are almost ready stir in the mustard, and continue to cook, stirring, for at least five minutes. Add the sherry and cook, stirring, until the liquid disappears.

Sprinkle salt and pepper over the onions and remove them from the heat. Allow them to cool to room temperature. If you want to avoid having strings of onion in your dip, chop them a bit once they have cooled.

Put the onions and sour cream in the bowl of an electric mixer and stir briskly to combine.

Place the dip in the refrigerator, covered, and let the flavors combine for several hours. At least an hour before serving taste it on a neutral cracker to see whether you want to add any additional flavors (more salt and pepper perhaps?). Bring the dip to room temperature, and serve it with vegetable chips.

Makes about 2 cups.