

Vegan Caramelized Onion Dip

PREP TIME: 1 hour

TOTAL TIME: 5 hours (includes chill time)

Servings: 2 cups dip



Ingredients

32 oz plain unsweetened soy milk (*strongly recommend to use a soy milk with no additives - look for only soy beans and water in the ingredient list for best results with curdling)

3 Tbsp fresh lemon juice

1/4 tsp sea salt

1 large sweet onion, chopped

1 Tbsp olive oil

1. In a large sauté pan set to medium heat add 1 Tbsp olive oil and 1/4 tsp salt. Add chopped onion a sauté until edges are golden brown and onion is slightly translucent, ~5-7 minutes. Lower heat to simmer and continue cooking onion until fully caramelized, ~45 minutes, stirring often so that the onion does not burn to the pan. Be patient, low, slow heating until the onion is fully browned and caramelized is important.

2. While the onions are cooking, add 32 oz soy milk to a deep pot over medium heat and use a thermometer to bring the milk up to 100 degrees, stirring constantly. This step is important to ensure the milk properly curdles. Do not heat milk over 100 degrees and be careful not to burn the milk. Remove heated soy milk from the stove and add lemon juice to pot. Allow mixture to sit for 15-20 minutes or until defined curdles have formed. Gently pour contents into a large nut milk bag and allow the liquid to drain from the solid. We secured the drawstring of the nut milk bag around the faucet of our sink and allowed gravity to take over. This step will take at least 30 minutes or longer. You know your soy milk solids are ready when no additional liquid is draining from the bag.

3. Remove soy milk solids from the bag and place into a food processor or blender. Add 1/2 of the caramelized onions to the blender with the soy milk solids and 1/4 tsp onion powder. Mix until contents are smooth. Stir in the remainder of the caramelized onions and store in a glass container with a lid in the fridge for at least 4 hours or overnight. Dip will continue to develop flavor and thicken up as it sits in the fridge, so it is best to make this dip one day in advance for the tastiest results.