

Onion-Garlic Dip

Recipe By *Brynie Greisman*



Cooking and Prep:  2 h

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Passover

Diet: Vegetarian, Gluten Free,

Low Carb, Vegan, Paleo,

Pescetarian, Sugar Free

Source: Family Table by

Mishpacha Magazine

I first tasted this dip at my sister Esther's house, and I was hooked. When it's in the oven, the heavenly aroma permeates the house, and often family members sneak a little here and there before the allotted time is up. I love that you can freeze it in small containers for later use. There are two options — one is a challah dip and one is more of a spread or topping. Your choice!

Ingredients (8)

Main ingredients

- 4 medium onions
- 2 heads garlic
- 1 and 1/2 teaspoons kosher salt, or to taste
- 2 cubes **Dorot Gardens Frozen Parsley** or 1 teaspoon dried parsley flakes

- 1 teaspoon paprika
 - pinch of cayenne pepper
 - 6 tablespoons **Bartenura Olive Oil**
 - an additional cube of **Dorot Gardens Frozen Parsley** or 1/2 teaspoon dried (*optional*)
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Start Cooking

Prepare the Dip

Yields 2 cups

1. Preheat oven to 400°F (200°C).
2. Peel onions and garlic and slice in the food processor. Transfer to a 9- x 13-inch (20- x 30-cm) baking pan. Add seasonings and olive oil and mix together very well. Bake uncovered for an hour and a half until deeply brown, stirring every 20 minutes to ensure even baking. Add optional additional parsley 10 minutes before the end of baking, for more herb overtones. Cool and refrigerate.
3. I recommend taking out of the fridge about an hour before serving and/or warming a little on top of a pot or slow cooker.

Note:

In the recipe above, most of the oil is absorbed by the onions and garlic and it becomes more like a topping. If you prefer a more liquidy texture, keep all ingredients as is, but double the olive oil from 6 tablespoons to 12, or 3/4 cup.

Tip:

This doubles easily and freezes well. Keep in mind the proportions of 2 onions to 1 garlic. For a great serving idea, spread a piece of challah with avocado. Top with diced sun-dried tomatoes and onion-garlic dip. It's amazing!