

SHALLOT CONFIT

Serves 4

INGREDIENTS:

1.25 pounds (566g) shallots - peeled and halved
1 ½ cups extra virgin olive oil
1 bay leaf
3 sprigs of thyme
½ tsp salt
pinch of black pepper

DIRECTIONS

Preheat the oven to 350F/175°C.

Place the peeled shallots into an oven proof dish. Cover completely with the oil, add the fresh herbs, sprinkle with salt and pepper to season.

Cover the dish with silver foil and bake until the shallots are fork tender - this should take around 1 hour but will depend on the size of your shallots.

Remove from the oven and let cool completely. Store in an airtight container in the fridge for up to a month, completely covered in the olive oil.

How to use shallot confit:

- Spreads and Toppings: Mash them into a paste for an aioli-like spread on sandwiches, toasts, and flatbreads, or serve them whole or halved on a cheeseboard or with burrata.
- Accompaniments: Serve the warm shallots alongside grilled or roasted meats such as steak, pork chops, lamb, chicken, or fish.
- Pasta and Grains: Stir chopped or pureed shallots into pasta dishes, risottos, cooked grains, or lentil salads.
- Vegetable Dishes: Toss them with steamed or roasted vegetables, or add them to mashed potatoes.

You can also use the oil as a base for a dressing or marinade.