

BRAISED SPRING ONIONS WITH LEMON & CAPERS

Serves 4 as a side

INGREDIENTS:

2 spring onions, trimmed and washed
400ml chicken or vegetable stock
1 lemon, ½ sliced, ½ juiced
1 sprig rosemary (or 1 bay leaf)
35g salted butter, cubed
2 tbsp capers, drained
A small handful flat-leaf parsley, finely chopped

DIRECTIONS

Heat the oven to 180C/fan 160C/gas 4. Arrange the spring onions in a baking dish that fits them all snugly. Cover with the stock, a pinch of salt, the lemon slices and rosemary or bay leaf. Cover with foil and bake for 1 hour until the spring onions are meltingly tender when pressed.

Transfer the onions to a warmed lipped serving dish using tongs, discarding the lemon slices and rosemary. Pour the left-over liquid into a pan, leaving the last dregs in the bottom of the dish, as this may contain residual grit from the spring onions.

Simmer the liquid over a medium heat until reduced by a quarter, then stir in the butter. Simmer and check for seasoning, adding more lemon juice, if you like. Stir in the capers and parsley, then pour this over the spring onions to coat.