

Pasta: (<http://p>)

The selection of pasta, whether spaghetti, fettuccine (<https://www.youtube.com/watch?v=WpdvMQRSalg>), or linguine, elegantly complements the sauce. The pasta's subtle taste highlights the richness of the caramelized onions, and its consistency guarantees that every mouthful is enveloped in that smooth sauce.

Onions:

The highlight of the dish! Gradually caramelized onions add a rich, sweet, and savory dimension. By cooking them slowly, their inherent sugars turn into a silky, golden creation that serves as the base for the sauce. Yellow or sweet onions are ideal due to their flavorful balance.

Parmesan Cheese:

Shredded Parmesan melts into the sauce, adding a nutty, salty flavor that boosts the dish. For a stronger taste, use Pecorino Romano for extra sharpness.

Olive Oil and Butter:

Using both olive oil and butter prevents onions from sticking and adds richness. Olive oil brings a light, fruity flavor, while butter adds a creamy texture.

Garlic:

Minced garlic gives a strong, flavorful kick that enhances the sweetness of the onions, creating a savory base that balances the pasta's flavors.

Dry White Wine:

A splash of white wine deepens the sauce by adding acidity. It also beautifully deglazes (<https://www.merriam-webster.com/dictionary/deglaze>) the pan, lifting the flavorful browned bits left by the caramelized onions.

Spices (Salt, Black Pepper, and Red Pepper Flakes):

Salt brings out the natural tastes of the onions and pasta, black pepper contributes a mild spiciness, and red pepper flakes add a gentle heat that completes the dish beautifully.

Fresh Parsley:

Parsley not only enhances the dish visually, but its fresh, herby flavor also balances the richness of the sauce.

Lemon Juice:

A final splash of lemon juice brings a bright freshness that amplifies and elevates the flavors, making every bite feel light and invigorating.

Caramelized Onion Pasta Recipe

Ingredients

- 3 large onions (yellow or sweet onions work best)

- 3 tablespoons olive oil
- 2 tablespoons butter
- 4 cloves garlic, minced
- 1/4 cup dry white wine
- 1 teaspoon sugar
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon black pepper
- 1/2 teaspoon red pepper flakes
- 12 oz spaghetti or fettuccine (or your pasta of choice)
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh parsley, finely chopped (for garnish)
- Juice of 1/2 lemon

Directions

Step 1

Prepare the Onions: Begin by peeling the onions and slicing them into thin, even pieces. Taking your time with consistent slicing ensures they cook evenly.



Step 2

Caramelize the Onions: Warm a large skillet on medium-low heat and add the olive oil along with the butter. Once the butter has melted, place the sliced onions in a single layer and lightly season them with a pinch of salt and, if desired, sugar to help release their moisture and enhance their natural sweetness. Slowly cook the onions, stirring occasionally, for about 20–30 minutes until they achieve a deep golden brown color. Avoid hastening the process by turning up the heat it's worth taking your time!



Step 3

Boil the Pasta: While the onions are caramelizing, bring a pot of salted water to a boil. Cook the pasta according to the package instructions until al dente. Reserve 1 cup of pasta water before draining the pasta.

Step 4

Build the Sauce: Add the minced garlic to the skillet with the caramelized onions and cook for 1-2 minutes until fragrant. Pour in the white wine and scrape up any browned bits at the bottom of the pan, then simmer for 2-3 minutes to reduce slightly. Stir in the red pepper flakes, black pepper, and an extra splash of pasta water to create a silky sauce.

Step 5

Combine Pasta and Sauce: Add the cooked pasta to the skillet and toss to coat. Add reserved pasta water if the sauce seems too thick until it reaches your desired consistency. Stir in the Parmesan cheese and toss again until everything is well combined and the cheese has melted into the sauce.

Step 6

Garnish and Serve: Finish your dish with a sprinkle of fresh parsley and a squeeze of lemon juice for a fresh, zesty note. Serve immediately with extra Parmesan on the side for sprinkling.