

Curried Fried Onions

2 or 3 Onions (red and/or white) as required, skinned and quartered.

1 Tbsp extra virgin olive oil

Pataks curry paste to taste

cayenne or chopped hot peppers to taste.

Gently heat oil in stick-free pan. Add a teaspoon or more of curry paste to the pan and cook at low heat for a minute or two stirring constantly. Add onions (and spices if desired) cover and cook at low heat, stirring occasionally, 20-25 minutes.