

onion boil (viral tiktok recipe)

Author: Elaine Gordon *Total Time:* 1 hour 5 minutes *Yield:* 2 1x

Diet: Vegan



Grab an onion and discover why everyone is going crazy over this delicious onion boil recipe! Seasoned with just butter, salt and cajun seasoning, the onion takes center stage for this dish and is packed with nutrients and delicious flavor.

INGREDIENTS

- 1 large (15 ounce) sweet onion, peeled and ends trimmed off
- 1 tablespoon vegan butter
- 1 tablespoon extra virgin olive oil
- 1 teaspoon cajun seasoning
- 1/4 teaspoon salt (plus more to taste when serving each layer)
- optional additional seasonings: 1/4 teaspoon garlic powder, 1/4 teaspoon old bay seasoning
- optional garnish: finely diced parsley leaves

INSTRUCTIONS

1. **Preheat oven to 375 degrees F.**
2. **Season the onion.** Use a small melon baller to scoop out the top center portion of the onion (about 1/3 of the way down) to make a well in the center. Place the onion on a sheet of aluminum foil and add the butter into the well. Mix the seasonings with the olive oil and pour over the butter into the well, allowing the oil and seasoning mixture to drip down the sides of the onion. Season with salt and any additional seasonings desired.
3. **Wrap the onion in aluminum foil.** Seal the entire onion tightly in the aluminum foil and place it in a small baking dish or cast iron skillet to catch any oil that seeps out of the foil.
4. **Roast on the center rack of the oven for 1 hour.** Remove from the oven and open the foil to check on the onion. The entire onion should be fork tender and the center should jiggle. It also should be slightly caramelized. If it needs more time to cook, simply reseal the foil and pop it back in the oven for another 10 minutes and recheck after that.
5. **Caramelize it further by broiling (optional).** Turn the oven to broil. Open the foil and drizzle more melted butter (or olive oil) and an extra pinch of salt. Broil for 5-10 minutes, watching closely to avoid burning. This will give the onion a golden brown caramelized exterior on top.

6. **Serve.** Peel away the outer layer and then enjoy each layer beneath that with an extra sprinkle of salt if desired. Be sure to pour all the juices from the foil overtop the onion when serving to maximize flavor. I love to serve this with rice, crispy chickpeas and other roasted veggies like these crispy Brussels sprouts. Enjoy while hot.

NOTES

Store leftovers in an airtight container in the refrigerator once it has fully cooled to room temperature.

Find it online: <https://www.eatingbyelaine.com/onion-boil/>