



## Swabian pockets with roasted onions

### Ingredients:

12 Swabian pockets, rolled (pre-made)  
 2 litres vegetable stock  
 4 medium onions  
 1 tbsp neutral oil or resolidified butter  
 1 tbsp butter  
 1/2 tsp sugar  
 Salt, if required

### Accessories:

Pasta cooker  
 Ceran hob  
 Griddle

### Preparation:

Peel the onions and slice into rings or half-rings  
 Heat the oil on the griddle and slowly fry the onion. The slower they cook, the better they taste.  
 Meanwhile, heat the stock until it starts to boil. Turn down the heat and add the Swabian pockets. Simmer gently for approx. 10 minutes, remove with a slotted spoon and drain. Cover and place aside.  
 Now turn the heat up under the onions to brown them slightly. Add the sugar and caramelize. Season with salt, add the butter and turn the heat down again.  
 Stir the Swabian pockets into the onion and butter mixture to heat through, taking care not to fry.  
 Arrange the Swabian pockets on a plate with the onions on top.

### Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

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864 g CO<sub>2</sub> per portion

45 % less CO<sub>2</sub> than the average when preparing this recipe.

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