



# Caramelised onion and goat's cheese muffins

By Shannon Bennett

**1 hour**

Preparation time

**25 minutes**

Cooking time

**12 Servings**

Serves

## INGREDIENTS

### Caramelised onion

600 g large white onions  
(approximately 7 onions)  
100 g duck fat  
1 tsp minced garlic

### Batter

300 g self-raising flour  
½ tsp baking powder  
250 ml milk  
1 egg, lightly beaten  
150 g melted butter  
150 g goat's cheese  
1 tsp Murray river salt flakes  
1 tbs curly leaf parsley, finely  
chopped  
30 g butter for greasing

## METHOD

### Onions

1. Cut onions in half and thinly slice. Heat duck fat in a large frying pan on medium heat, induction setting 6. Add onions, toss to combine and cook covered for 15 minutes, stirring regularly.
2. Remove lid, add the garlic and continue to cook, reducing heat if necessary, for a further 45 minutes, or until the onions are caramel in colour and are very soft. Cool to room temperature.
3. Pre-heat oven on Fan Plus at 170°C.

### Batter

1. Sift the flour and baking powder together in a medium size bowl. In a separate bowl, combine milk, egg and butter, whisk well.
2. Combine the onion with the flour mixture and the remaining batter ingredients. Stir gently to combine. It is important not to over mix the muffin batter as this will result in tough muffins.
3. Grease a 12 cup (? cup holes) muffin tray with butter.
4. Divide the mixture evenly between the 12 muffin holes. Change oven setting to Combination Mode: Fan Plus at 170°C + 25 minutes + 60% moisture. The baked muffins should be golden in colour.

### Hints and tips

- ? cup (80 ml) olive oil can be substituted for duck fat if preferred.