



## CHOCOLATE-RED ONION-VINAIGRETTE

*Yes, you can have chocolate with your salads and vegetables...with the blessings of a nutrition guru.*

**AMOUNT:** Enough for 4 persons rather crazy about salad to eat their fill several times.

**PREPARATION TIME:** 10-15 minutes

**EXPIRY:** The chocolate-red onion vinaigrette keeps for up to 2 weeks refrigerated, but you have most likely consumed the whole lot long before that.

**USE:** As any other scrumptious vinaigrette. On salads and other green leaves, on steamed vegetables, to accompany vegetable sticks, on steamed or poached chicken, in pasta salads or on boiled whole grains.

**YOU CAN ALSO:** The vinaigrette is perfect as it is, but you can experiment with adding ginger, chili or cardamom seeds.

**KITCHEN GEAR IN ACTION:** A food processor will come in handy for chopping the onions, raisins and dark chocolate.

**SUNDHEDSFIF:** Dit hjertekarsystem bliver udsat for et sandt bombardement af sundhed. Polyfenolerne i chokoladen, polyfenolerne og svovlforbindelserne i løget og hvidløget, resveratrolen i de mørke rosiner og de sunde fedtstoffer samt sekundærstofferne i olivenolien. Og når der så også ryger hele plantager af grøntsager indenbords, efter de er blevet vendt i vinaigretten, ja så bliver det jo ikke meget bedre.

**YOU NEED:**

1 large red onion, minced

½ dl dark raisins, minced

25 gr very dark chocolate with at least 70% cocoa, minced

1 clove of garlic, minced



2 dl extra virgin olive oil

1 dl high quality vinegar (Balsamic, white wine, red wine, brown rice or apple cider vinegar)

a tiny dash of vanilla

5-6 drops of fish sauce

sea or rock salt

freshly ground black pepper

#### *HOW TO PREPARE*

Mix red onions, raisins, garlic, chocolate, olive oil, vinegar, vanilla and fish sauce. Add salt and pepper to taste. Adjust the flavour if necessary with extra vinegar, oil, raisins or dark chocolate. The longer the vinaigrette is allowed to infuse, the better the flavour.