

Balsamic Beef-Stuffed Onions



INGREDIENTS:

- > 500g rump tail, cut into cubes
- > Oil for frying
- > 1 tbsp onion or plum marmalade (or chutney)
- > 1 tsp ground cumin
- > 1/2 tsp ground coriander
- > 1/2 tsp sumac
- > Salt and pepper, to taste
- > 2 cups cooked bulgur wheat, couscous, or rice of choice
- > 1/2 cup chopped almonds
- > 1/2 cup chopped dates
- > 4 large white or red onions
- > 1/3 cup balsamic vinegar
- > 1/4 cup honey
- > 1-2 tbsp soy sauce
- > Balsamic glaze for topping
- > To Serve: Fresh herbs, chopped almonds, crunchy fried onions

METHOD:

1. Remove the skin from the onions and slice diagonally across each onion. This will help the onions cook evenly and make them easier to peel. Boil in salted water for 10-15 minutes, then drain and allow to cool.
2. Cut the rump tail into cubes. In a skillet or pan, heat some oil, then add the rump tail and spices. Fry until browned, but still tender and slightly pink. Remove from heat, stir in the marmalade, and season with salt and pepper.
3. Add the bulgur wheat, almonds, and dates to the beef mixture and combine well.
4. Once the onions have cooled, separate the layers and stuff each with about 1-2 tablespoons of the meat filling. Arrange the stuffed onions face-down in a baking dish.
5. In a bowl, mix the balsamic vinegar, honey, and soy sauce, then drizzle over the onions.
6. Bake for 25-30 minutes until fragrant. Serve with a drizzle of balsamic glaze, chopped almonds, fried onions, and fresh herbs.