

Prep time: 15 minutes | Cook time: 55-65 minutes | Total time: 1 hour 10 minutes – 1 hour 20 minutes

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Ingredients

For the onions:

- 4 large yellow onions (about 2 lbs / 900 g), peeled
- 3 tbsp unsalted butter, melted

- 1 tbsp olive oil
- 1½ tbsp Dijon mustard
- 1 tbsp honey (or maple syrup)
- 2 tbsp apple cider vinegar
- ½ tsp fine sea salt
- ¼ tsp freshly ground black pepper
- ¼ tsp ground turmeric (optional, for color)

For the breadcrumb topping:

- ¾ cup (45 g) fresh coarse breadcrumbs (from a day-old baguette or sourdough)
- 2 tbsp unsalted butter, melted
- 2 tbsp finely grated Parmesan
- 1 tbsp chopped fresh parsley or thyme

- Pinch of flaky sea salt
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Equipment

- Large pot for parboiling
 - Colander
 - 9×13-inch baking dish or ovenproof skillet
 - Small bowl for the glaze
 - Aluminum foil
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Method

Step 1 — Preheat and prepare (5 minutes | Low intensity)

Preheat the oven to 400°F (200°C). Butter a 9×13-inch baking dish or rub an ovenproof skillet with a little butter.

Step 2 — Parboil the onions (10 minutes | Low intensity)

Bring a large pot of salted water to a boil. Cut the onions in half through the root end, then cut each half into ½-inch-thick wedges, keeping the root intact so the layers hold together. Boil the wedges for 6–8 minutes, until just beginning to soften but still holding their shape. Drain well and pat dry with a clean kitchen towel.

Step 3 — Make the glaze (3 minutes | Low intensity)

Whisk together the melted butter, olive oil, Dijon mustard, honey, cider vinegar, salt, pepper, and turmeric (if using) in a small bowl until smooth and emulsified.

Step 4 — Arrange and coat (4 minutes | Low intensity)

Arrange the onion wedges in a single, snug layer in the prepared dish. Pour the glaze evenly over the top, then gently toss with your hands or a spatula to coat every wedge. Spread them back into an even layer.

Step 5 — Roast covered (25 minutes | Medium intensity)

Cover the dish tightly with foil and roast for 25 minutes. The onions will steam and soften, absorbing the glaze.

Step 6 — Roast uncovered (15–20 minutes | Medium intensity)

Remove the foil and continue roasting for 15–20 minutes, until the onions are deeply golden at the edges and the glaze has reduced to a sticky, syrupy coating. Spoon the pan juices over the onions once or twice during this stage.

Step 7 — Add the topping (3 minutes | Low intensity)

While the onions finish, toss the breadcrumbs with the melted butter, Parmesan, herbs, and a pinch of flaky salt.

Step 8 — Broil (2-4 minutes | High intensity — watch closely!)

Scatter the buttered crumbs evenly over the onions. Switch the oven to broil (high) and broil for 2-4 minutes, until the crumbs are crisp and browned and the onions are bubbling at the edges. Do not walk away — crumbs go from golden to burnt in under a minute.

Step 9 — Rest and serve (5 minutes | Low intensity)

Let the dish rest for 5 minutes so the juices settle. Scatter with extra parsley and serve warm.

Tips for Success

- Keep the root end intact when wedging — it's the "hinge" that keeps each wedge together through boiling and roasting.
- Don't skip the parboil. It removes raw bite and lets the onions soak up the glaze rather than burn before they're tender.
- Use fresh, coarse crumbs, not fine dry ones — they stay crisp instead of dissolving into the glaze.
- Make ahead: Complete through Step 6 up to 2 days ahead; refrigerate, then reheat at 375°F (190°C) for 15 minutes before adding the topping and broiling.
- Vegan variation: Swap the butter for a good plant-based butter and omit the Parmesan (or use a vegan hard cheese).

Nutrition (per serving, approximate)

Based on 4 servings. Values are estimates and will vary with exact ingredients and brands.

Nutrient	Amount per serving
Calories	265 kcal
Total fat	15 g
— Saturated fat	8 g
— Trans fat	0 g
Cholesterol	32 mg
Sodium	330 mg
Total carbohydrates	29 g
— Dietary fiber	4 g
— Total sugars	14 g
— Added sugars	4 g
Protein	5 g
Vitamin C	12% DV
Calcium	7% DV
Iron	6% DV
Potassium	340 mg