

Savory Caramelized Onion-Miso-Tofu Dip

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Adapted from recipe source: [The Kitchn](#)



INGREDIENTS:

- 2 large (softball-sized) onions
- 4 tablespoons of olive oil
- 4 whole cloves of garlic
- generous pinch of salt
- 1/2 cup of sherry (or dry white wine)
- 2 teaspoons each dried oregano, sage, thyme, basil
- 1 teaspoon each dried rosemary, fennel seeds
- 1/2 teaspoon each nutmeg and ground pepper
- 12 ounces firm tofu
- 1-3 tablespoons miso **Cook's Note:** You can use light (white or yellow) miso or dark (red) miso, but you may need less of it if you use dark/red miso. Start with 1 tbsp and add more to taste.
- Good olive oil for drizzling (optional but recommended)
- Smoked paprika for dusting (optional but recommended)

DIRECTIONS:

- Slice the onion into thin half-moons and sauté gently in a large frying pan with the olive oil over low heat. It will take a long time (30 minutes+) to caramelize the onions, so keep the heat low and stir on occasion.
- While the onions are cooking, thinly slice the garlic and assemble the rest of the ingredients. The herbs and spices can all be measured into a small bowl, as they all will be added at the same time.
- When the onions are almost done (meaning light to medium brown in color), add the garlic and stir. You want to soften the garlic at this stage but not color it too much. When the garlic is soft and fragrant and the onions are done (about 5 minutes more), add the spices and stir for about a minute.
- Add the sherry and deglaze the pan. Cook until most of the liquid is evaporated. Turn off the heat. Put the onion mixture into a food processor or blender along with the 1 tablespoon of the miso, the tofu and a splash of water. Puree until the mixture is smooth and creamy. You may need to add a splash more water, depending on how firm your tofu is.

- Taste for seasonings. Add more miso if needed (see notes) and blend again.
- This dip does well if made a day ahead of time, allowing the flavors to blend and deepen.
- Just before serving - Spoon into a bowl and using the back of the spoon, make a swirly indent in the dip. Drizzle on the olive oil and dust sparingly with the smoked paprika.
- Serve as a dip for fresh vegetables or as a spread for bread or crackers.

Yield: about two cups