



Red Onions and Beetroots

For 4 persons

Cooking time: When temperature reaches 90°C

Ingredients :

- 5 Medium Beetroots
- 2 Red Onions
- 1 Teaspoon Of Olive Oil
- 1 Teaspoon Red Wine Vinegar
- Salt And Pepper
- ½ Tablespoon Sugar
- Basil Fine Herbs
- 2 Tablespoon Of Water

Preparation :

Peel, slice the beetroots and the onion. Put in the *CromoTanium* frying pan. Add all the other ingredients, add water and close the lid. Place the *CromoTanium* pot on medium heat. When temperature reaches 40°C put on medium/low and keep on cooking. When temperature reaches 90°C, take off from stove.