The Rougaille Base

Twelve minutes of onions, then it is yours — with what to add on a Tuesday.

The method

One large onion, sliced thin, in oil, low heat, twelve minutes until it loses its shape.
Garlic, green chilli, thyme, curry leaves, one tablespoon of tomato paste. Stir a minute.
Four very ripe tomatoes and a pinch of sugar. Twenty minutes uncovered. Season hard at the end.

Five Tuesday variations

Eggs poached in the pan, lid on, four minutes.
A fillet of white fish laid on top, skin up, eight minutes covered.
Tinned tuna, drained, at the very end with a squeeze of lemon.
Boiled potatoes, halved and browned first.
Nothing at all, on toast, with too much black pepper.

Keeping

Four days in the fridge, and better on the second than on the first.
Freeze in two-portion bags, flat. Thaw in the pan, not the microwave.

Kitchen note, Rougaille Twice a Week.