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Lavender Honey Caramelized Onion and Roasted Asparagus Flatbread

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Photo Susie Iventosch

minutes or until lightly browned. Take the dough out of the oven and sprinkle with pieces of chevre, caramelized onion, asparagus, (salmon, if using), Parmigiano, zest, salt and pepper to taste. Place back in the oven until the toppings are just warmed through.

For Caramelized Onions

Heat 2 teaspoons olive oil in a saute pan over medium low heat; add in sliced onion, lavender and a pinch of salt. Cook the onions until they start to become translucent, about 10 minutes. Stir in the honey, and add another teaspoon of olive oil if the onions are beginning to stick or burn. Continue to cook until the onions cook down and become browned and caramelized, about 10 to 15 minutes more.

For the Roasted Asparagus

1/2 lb. asparagus spears

1 teaspoon olive oil

1 teaspoon balsamic vinegar or juice of a lemon

Salt and pepper, to taste

Roast in 400° oven for about 10 minutes, or until just al dente. Cut into 1 1/2 inch pieces.

Serves 4 to 6

INGREDIENTS

1/2 medium yellow onion, finely sliced

4 teaspoons extra virgin olive oil (used to brush dough and also in caramelizing onions, and roasting asparagus)

1 teaspoon finely chopped lavender

1 1/2 teaspoons honey

Salt and pepper to taste

1/2 lb. fresh asparagus, roasted and chopped into 1 1/2 inch sticks

2 oz. chevre

1 prepared whole wheat pizza dough (can use crostini or focaccia bread)

1 1/2 teaspoon grated Parmigiano reggiano

Olive oil for brushing

1/2 teaspoon lemon zest

1 to 2 oz. smoked salmon (optional)

DIRECTIONS

Preheat oven to 450 degrees. Roll out pizza dough to about 1/4 inch, and brush with olive oil. Place dough on pizza pan or heated pizza stone and bake for about 8 to 10

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