



## NYC-style hot dogs with street-cart onions

**L** Prep: 10 mins  
Cook: 20 mins

**E** Easy

Try these NYC-inspired hot dogs: frankfurters topped with classic caramelised onions, ketchup, American mustard and a little sauerkraut

Nutrition: Per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
402	20g	6g	39g	20g	4g	14g	2.1g

### Ingredients

4 large frankfurters

4 hot dog buns, split

sauerkraut, to serve

#### For the caramelised onions

1 tbsp vegetable oil

2 large onions, halved and sliced

¼ tsp ground cinnamon

large pinch of chilli powder

2 tbsp honey

2 tsp American-style mustard, plus extra to serve

2 tsp ketchup, plus extra to serve

2 tsp tomato purée

2 tsp cider or white wine vinegar

1 tsp Worcestershire sauce

### Method

**Step 1** First, make the onions. Heat the oil in a frying pan over a low-medium heat and cook the onions for 10-12 mins until golden and slightly charred in spots.

**Step 2** Stir in the cinnamon, chilli powder, honey, mustard, ketchup, tomato purée, vinegar, Worcestershire sauce, 2-3 tbsp water and a pinch of salt. Simmer for 1-2 mins until the onions are saucy, adding a splash more water if they seem dry. Taste and add a little more chilli powder, mustard or a pinch of sugar, if you like. Keep the onions warm if you're serving straightaway or cool and chill. *Will keep in an airtight container in the fridge for up to five days. Reheat over a low heat before serving, adding a splash of water to loosen as needed.*

**Step 3** Light a barbecue and wait until the coals are ashen, set a gas barbecue to medium or heat a griddle pan over a medium heat. Alternatively, bring a pan of water to a simmer. Cook the frankfurters for 15 mins on the barbecue or in a griddle pan until charred, or for 8 mins in a pan of simmering water. If using a barbecue, warm the buns over the coals, if you like. Spoon a little sauerkraut into each bun, top with a frankfurter and spoon over the onions. Drizzle over some extra mustard and ketchup.

Name		Date (to be returned on prior to the next food lesson)	
<b>Costing</b> (work out your costing's)			
<b>Pupil Feed Back</b> (How did you cope?)			
<b>Parents Feedback</b> (How was the food, prepping and clear up)			
<b>Sibling Feedback</b>			

Produce the meal below for your family, complete the student/parent feedback sheet and return via email or by the following lesson