

ONIONS

Storage Tips

- Keep the fresh onions in a plastic bag in the fridge. The green leaves can also be used like scallions.
- Ideal conditions for storage onions are 40-50F and low humidity, otherwise, if onions are stored with warmth or moisture they will tend to sprout.

Culinary Tips

- For ease in cutting onions, cut a bit off of both ends and cut onions in half from top to bottom. If necessary, cut out the core from the base. Peel skin off with the edge of your knife and lay the cut surface down on the cutting board. Keep the onion intact while you make length-wise slices from one side of the curved onion half to the other. Then rotate the onion a quarter turn and make crosswise slices. If you can manage to hold the form intact you will end up with a uniformly chopped onion.
- Many and varied are the dishes seasoned with onions: quiche, soup, stew, grain-based casseroles, and vegetable stir-fry
- Save onion skins for the stock pot
- Cut a whole onion into quarters and then half the quarters to make wedges. Bake these on an oiled baking pan with a bit of liquid (water, vegetable stock, apple juice) added to prevent sticking. Season with dried thyme or rosemary, cover with foil and bake at 350-400 F for 30 minutes. Alongside the onion wedges, prepare other root vegetables (carrots, potatoes, parsnips, rutabaga, sweet potatoes) and bake these together.

French Onion Soup Recipe

- 6 large red or yellow onions, peeled and thinly sliced.
- Olive oil
- 1/4 teaspoon of sugar
- 2 cloves garlic, minced
- 8 cups of beef, chicken or vegetable stock or any combination of the three (traditionally the soup is made with beef stock)
- 1 bay leaf
- 1/4 teaspoon of dry thyme
- Salt and pepper
- 8 slices of toasted French bread
- 1 1/2 cups of grated Swiss Gruyere cheese with a little grated Parmesan cheese

In a large saucepan, sauté the onions in the olive oil on medium high heat until well browned, but not burned, about 30-40 minutes (or longer). Add the sugar about 10 minutes into the process to help with the caramelization.

Add garlic and sauté for 1 minute. Add the stock, vermouth or wine, bay leaf, and thyme. Cover partially and simmer until the flavors are well blended, about 30 minutes. Season to taste with salt and pepper. Discard the bay leaf.

To serve you can either use individual oven-proof soup bowls or one large casserole dish. Ladle the soup into the bowls or casserole dish. Cover with the toast and sprinkle with cheese. Put into the broiler for 10 minutes at 350 degrees F, or until the cheese bubbles and is slightly browned. Serve immediately. Serves 4-6. From: <http://simplyrecipes.com>