



Onions

Onions are often used to flavour dishes. Fry them up or put them in a soup- and voila- magic! But what if we flipped the script and gave onions the starring role? Here are some ways to centre onions in your dishes.

Onion based recipes

French Stew

Caramelize your onions in a pot before adding spices. Then add wine broth and herbs. Before topping with cheese and a garlic smeared baguette or whatever bread you have at the moment.



Onion Frittata

Mix together eggs, herbs and cheese in a bowl. Saute some onions in olive oil. Stir in egg mixture and add more cheese. Cook for two minutes until it sets and then bake for another ten. Cut into wedges like a pie, serve hot.




Savoury Onion Quiche

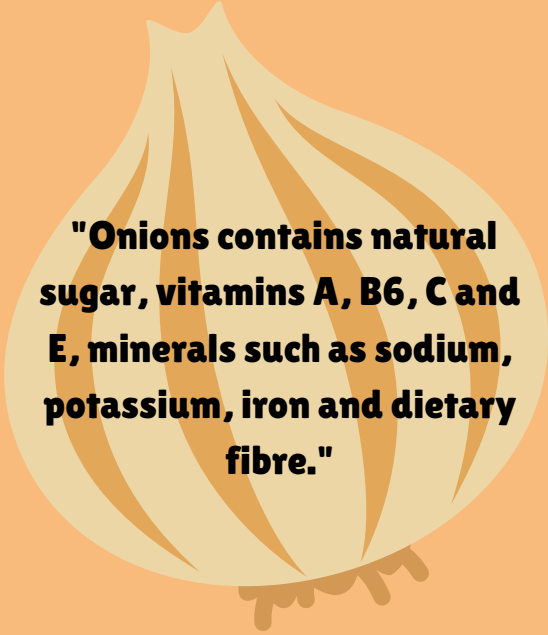
Take a pie crust and add grated cheese, onion and meat of choice. Then beat eggs and mix them with milk. Poor mixture on top of cheese. Bake until the top of the quiche is brown.



You can regrow onions by cutting off and saving the root-end of the bulb. Place in water or soil and regrowth should begin after ~1 week



The reason we tear up when we cut onions is due to the sulphuric compound in the root



"Onions contains natural sugar, vitamins A, B6, C and E, minerals such as sodium, potassium, iron and dietary fibre."

"Keep onions in a dark, cool location. It is best to keep them in the mesh bags they come in, or in a basket or colander. Do not store next to potatoes since both vegetables give off a gas that will cause the other vegetable to rot. Once cut, wrap the onion in plastic, store in the refrigerator and use within a couple of days."

"Ever wonder why most dishes start with you sweating out some onions and garlic in oil? Dried herbs, spices, onion and things that look and smell like onions (e.g. shallots, leeks) are aromatics whose flavors only get better over time. Aromatics are foods that flavor your dish. You want them in there early because they flavor the oil, which then gets all over whatever else you throw in." Foodist Kitchen