

ONIONS



Onions are in the OTHER vegetable subgroup. They provide fiber, and vitamin C, and other nutrients.

Onions are a flavor powerhouse. They are often roasted or sautéed with other vegetables as a base for soups and sauces. Onions can be caramelized to mellow and deepen their flavor for use with meats and other dishes. Some sweet mild onions, like Walla Walla, are delicious raw.

FUN FACT :

Commonly used in a wide variety of dishes and cuisines.

To reduce tears when cutting, chill the onion first and then cut off the top and peel the outer layers leaving the root end intact.

The root end has the highest concentration of sulfuric compounds that make your eyes tear.



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Safety:	<p>Maintain storage temperature for no longer than 4-8 weeks. Sweet onions, such as Walla Walla, have a much shorter shelf life. Refrigerate cut onions and use within a few days.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>For 100, ½ cup servings cooked onion pieces, purchase 25.4 lbs of fresh mature, whole onions.</p>
Quality:	<p>Purchase firm onions that have dry papery skins. Reject cooking onions that have started to sprout or have soft or moist spots.</p>
Storage:	<p>For best results, store whole cooking onions like potatoes. Keep them cool, but not refrigerated. Keep them in a well-ventilated container, like a mesh bag, and keep them from light. Use within 4 weeks.</p>
Preparation:	<p>To Chop: Cut off the neck end of the onion, leaving the root end intact to hold the onion together. Cut it in half stem to root. Peel outer layer and skin. Place cut side down on board and make about three horizontal cuts of equal distance apart, parallel to the board. Cut down perpendicular to the cutting board and the root about 2 cm apart but do not cut all of the way through. Dice the onion to the root end. Discard root end.</p>
Seasonings:	<p>Onions can function as a seasoning and blend with many different cuisines. Here are some traditional flavor combinations:</p> <p>French (mirepoix): Onion, carrots, celery</p> <p>Cajun (trinity): Onions, bell peppers, celery</p> <p>Italian (soffritto): Onions, garlic, fennel</p> <p>Indian: Onions, hot peppers, ginger</p> <p>Mexican: Onions, garlic, hot peppers</p>

