

ONIONS

HOW TO CHOOSE AND STORE

Early season onions are often referred to as “spring onions” or “fresh onions.” This means that the onions have not been dried and the greens are still bright and crisp. The stalks of fresh onions can be used as green onions, even if they aren’t technically a green onion variety. (Green onions usually won’t ever grow a bulb.) Early season onions also tend to be smaller and don’t store longer than a few weeks. Late season onions, however, are dried/cured by the farm, so they can store for a couple months. Keep onions in paper bags, if you can, as plastic will make them spoil faster. If they’re near potatoes, they will also spoil faster. For longevity, keep dried onions in a cool, dry, dark area. Early season onions can go in the fridge. (Additionally, putting your dried onions in the fridge for a bit before you need to use them will make it easier to chop them without crying.) Any chopped onions should be kept in the freezer if you want them to last a long time. Choose smooth, firm, unblemished onions. If they are dried, they should have little to no scent before they are peeled. Onions can vary in size, shape, color and flavour, so pick sizes and varieties that suit your culinary needs.

HOW TO USE AND EAT

Onions are a strong addition to a variety of dishes, adding flavor and texture. They are often used in stir-fries, egg dishes, pasta dishes, soups, sauces, salads, fried rice recipes, and on burgers. This is not an exhaustive list. Red onions tend to have a sharper flavor than other types, and green onions tend to be used as a garnish. Onions can be sautéed, roasted, grilled, or caramelized.



PICO DE GALLO SALSA

- ½ large onion (Your preferred variety)
- 3-4 medium tomatoes (ideally, equal parts tomato and onion)
- 1 jalapeño pepper (optional)
- ½ cup chopped cilantro (optional, but recommended)
- Lime juice from 1 lime
- Salt and pepper to taste

Dice tomatoes and onions and mix them in a large bowl. Seed and mince the jalapeño pepper if you’d like your salsa to have some heat. Otherwise, leave it out of the recipe. (Gloves are recommended when handling hot peppers, or make sure not to touch your eyes.) Add jalapeño and chopped cilantro to the bowl and mix. Stir in lime juice, salt, and pepper. Cover and refrigerate for a day before serving to let the flavors meld together.

CARAMELIZED ONIONS

- 2 tbs olive oil
- 4 medium yellow onions
- ½ tsp sea salt
- Very large skillet (12”), cast iron is best

Heat oil in the skillet over medium heat. Half and slice onions before adding them and sautéing for 5 minutes/until starting to soften. Add the salt, reduce heat to medium-low, and cook for 50 to 80 mins, stirring often, until onions are very soft, golden brown, and caramelized. The timing will depend on the size of your onions and the heat of your stove. If onions ever start to stick to the pan, reduce heat to low. If onions aren’t deeply brown after 50 minutes, you may turn the heat higher to get more caramelization. Serve with pasta, eggs, on burgers, and more. Can be frozen.