

Onions

Originated in central Asia. The onion is an indispensable ingredient in most kitchens around the world. Health benefits of Onion include substantial relief from number of diseases such as common cold, asthma, bacterial infections, respiratory problems, angina, and cough.



TIPS:

Storage: Sweet white onions: store dry in the refrigerator. Storage yellow and red: store dry in a cool dark spot. Can be stored in the refrigerator also.

General Cooking Info: The sulfur content of onions is what makes the storage varieties last for so long. This means that most people will want to cook them to subdue the spiciness a bit. Caramelize your onions for a sweet base to many dishes. White onions are great raw and some can just crunch on them like an apple! Our soil is not sulfur-poor though, so even our sweet white onions can tend to have a kick to them.

Growing info: Onions are interesting plants in the garden. They are day-length sensitive. This means that they start bulbing when the day-length reaches a certain threshold. So we start seeds very early to get as much leaf growth as possible before bulbing happens. The amount of green growth in the early season, determines the size of the bulbs in the end. The layers of onions are actually modified leaves botanically speaking. Onions are the first seeds we start in the greenhouse. We sow them in mid-february. They are planted out in April and harvested in July or August.

Common Problems: Onions don't compete with weeds very well and so weeding onions can take a lot of our time and resources on the farm. We got thrips on our onions in 2010 but it didn't seem like it affected the yield too badly. In 2010 our onions didn't store very well. We hope that picking them sooner, and curing them in the sun for longer this year will help with that.



Scallions, or Green Onions are just young onion plants. We grow them in the spring and sometimes in the fall. Scallions are great to use in the spring when the

storage onions are running out and starting to sprout and go bad. They give a great fresh onion flavor to soups, stews, salads..Cut the roots off and chop fine or into strips.

Fried Onion Rings

1 quart vegetable oil for frying
 1 cup all-purpose flour
 1 cup beer
 1 pinch salt
 1 pinch ground black pepper
 4 onions, peeled and sliced into rings

In a large, deep skillet, heat oil to 365 degrees F (180 degrees C). In a medium bowl, combine flour, beer, salt, and pepper. Mix until smooth. Dredge onion slices in the batter, until evenly coated. Deep fry in the hot oil until golden brown. Drain on paper towels.

from Allrecipes

Simply The Best Baked Onion Rings!

2 peeled onions
 3/4 cup all-purpose flour
 2 -3 egg whites
 3/4 cup nonfat breadcrumbs or 3/4 cup lowfat breadcrumbs
 2 teaspoons Italian seasoning
 1 1/2 teaspoons garlic powder
 1 1/2 teaspoons onion powder
 1/2 teaspoon salt

1 Preheat the oven to 400 degrees.
 2 Spray a baking sheet with nonstick spray.
 3 Slice the onions width wise and then break them apart into rings.
 4 Put the flour in 1 bowl, the egg whites into a second, and into the third put the bread crumbs and all the spices (all the rest of the ingredients).
 5 Dip each onion ring into the flour, then the egg whites, and then the bread crumbs.
 6 Place them on the baking sheet and then repeat with the next ring.

7 Bake them all for about 20 minutes or until crispy.

from www.food.com

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 stock, chicken stock, or a combination of the two (traditionally the soup is made with beef stock)
 1/2 cup of dry vermouth or dry white wine
 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 with a little grated Parmesan cheese

1 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.

2 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.

3 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.

Yield: Serves 4-6.

from Simple Recipes

Emeril's Grilled Green Onions

8 green onions, root end and tips trimmed
 4 teaspoons olive oil
 1/2 teaspoon salt
 1/4 teaspoon white pepper

Place a grill pan over medium-high heat. Drizzle the green onions with the olive oil and season with the salt and pepper. Place the green onions on the grill and cook for 2 to 3 minutes, turning occasionally to ensure even browning. Remove the green onions from the heat and set aside as you prepare the rest of the dish.

**Recipe courtesy Emeril Lagasse, courtesy MSLO, Inc.*

Farmgirl Susan's Savory Cheese & Scallion Scones

2½ to 3 cups all-purpose flour
 1 Tablespoon + 2 teaspoons baking powder*
 1 teaspoon salt
 4 ounces feta cheese, crumbled (I use sheep/goat milk)
 4 ounces cream cheese, softened in microwave 15-30 seconds (you want it very soft)
 4 scallions (green onions), green & white parts, chopped

1 cup half&half or whole milk
 1 egg

Optional Egg glaze:
 Beat well with a
 fork: 1 egg & 2 Tbsp. milk

1. Heat oven to 400°.
2. Combine 2-1/2 cups flour, baking powder, and salt in a large bowl.
3. Add cheeses & toss gently with a fork until combined.
4. Add scallions & toss gently with a fork until combined.
5. Beat half & half (or milk) with egg and gently fold into dry ingredients, mixing lightly until a soft dough forms. Add up to 1/2 cup additional flour if the dough is too sticky.
6. On a floured surface, gently pat the dough into a circle approximately 1-inch thick (or into two smaller circles for 12 scones). The key to tender scones is to handle the dough with a light touch and as little as possible. With a sharp knife (I use a large serrated knife dipped in flour), cut the circle(s) into 8 or 12 wedges and place them on a greased or unbleached parchment-lined** heavy duty baking sheet. (A couple of commercial half-size baking sheets like these are one of the best kitchen investments you can make. I've been using some of mine for 17 years.)
7. Brush tops and sides of scones with egg glaze if desired, and bake for 20-25 minutes, or until golden brown. Cool on a wire rack. Serve warm, or cool completely and refrigerate or freeze in a heavy zipper bag or airtight container.

from www.farmgirlfare.com

Pajeon: Korean Scallion Pancake

1/2 cup (70g) all-purpose flour
 1/2 cup (125ml) ice-cold water
 1/2 teaspoon salt
 1 large or extra-large egg, lightly beaten
 1 bunch of scallions
 a spoonful of soy sauce

Stir together the flour, water and salt until just mixed.

Chop the green parts of the scallions into 3-inch (10cm) lengths. Reserve the white parts for another use.

Heat a thin layer of vegetable oil in a 9 or 10-inch (23-26cm) skillet, preferably non-stick, until hot. Fry the scallions until they're completely cooked through and soft. Add a touch of soy sauce to the pan when they're almost done, to season the scallions.

If using other ingredients, any vegetables, kimchi, or prawns—what have you‐add them now, then toss a few times to heat them through.

Pour the pancake batter over the scallions (and other stuff in the pan), spreading the batter, and cook a few minutes until the bottom is nice and brown underneath. Lift the edge to peek.

Pour the beaten egg on top then swirl the pan to even out the egg a bit, still keeping it pretty uneven. Distribute the dried pepper strands over the egg, if using, and cook until the egg is just beginning to firm near the edges.

Using a wide spatula, flip the pancake and cook for another minute or two until the egg is set and preferably crispy at the edges. (I tend to cook it pretty well, although I like hard-cooked fried eggs, which I know ain't "gourmet", so use your judgment.)

Spicy Grilled Chicken and Green Onions

2 tablespoons vegetable oil
 1 tablespoon hot pepper sauce
 2 teaspoons honey
 1 teaspoon paprika
 7 green onions
 2 skinless boneless chicken breast halves

Preparation

Prepare barbecue (medium-high heat). Whisk oil, hot sauce, honey and paprika in 9-inch glass pie dish to blend. Mince 1 green onion; mix into marinade. Transfer 2 tablespoons marinade to small bowl and reserve. Add chicken to marinade in pie dish and turn to coat. Let stand 10 minutes, turning occasionally.

Sprinkle chicken and remaining whole green onions with salt. Grill chicken and whole onions until chicken is cooked through and onions soften, turning occasionally, about 10 minutes. Transfer chicken and onions to plates. Drizzle with reserved 2 tablespoons marinade.

from epicurious.com