

Onion Cooking Tips:

- Chill onions thoroughly in fridge or cut under running water lessen the fumes that cause tears during chopping. Martha Stewart suggests burning a candle near where you are chopping your onion
- You can use almost any cooking method to prepare onions: steam, boil, sauté, stir-fry, bake, grill, roast etc.
- Boil onions until tender (15 -30 minutes). Try them with butter, herbs, and parmesan cheese.
- Long baking or oven roasting brings out the sweetness and caramelizes the sugars. Try surrounding a roasting meat with small to medium onions.
- Add chopped onions to hearty homemade bread dough or corn bread batter.
- Add chopped or diced raw sweet onion, chives or scallions to a variety of salads, such as greens, pasta, potato or any marinated salad.
- Add onions generously to soups, stews, casseroles and pizza.