Fruit & Vege Co-op

Onions

STORAGE

- Choose onions with firm flesh and dry papery skin, avoid any with green shoots or soft spots and store in a cool, dark, well ventilated place.
- Do not put onions in plastic bags; if purchased in plastic, remove as soon as possible. Avoid refrigerating fresh onions.
- Half used onions should be stored covered in a container in the fridge to avoid absorbing flavours from the fridge.

PREPARATION

- Top and tail onions and cut in half to easily remove the skins.
- To dice an onion, put the onion flat on a chopping board and slice almost the whole way through from top to bottom. Then turn knife horizontally and slice through the middle. Turn onion 90 degrees and finely slice right through, perpendicular to the original cuts.

ADD FLAVOUR

- To bring out the sweet flavour of onions add ½ teaspoon of salt and ½ teaspoon of sugar sauté them in oil before adding any other ingredients at a low heat with a lid on.
- For a delicious addition to a roast put whole onions in the roasting pan on top of a little oil with their skins on and roast until soft, sweet and delicious.

VEGE UP

- Onions can be added to just about any recipe to increase the flavour. In many recipes, onions add flavour and texture.
- They can be used in soups, braises, stews, pizzas, pies, pasta dishes, salads, sandwiches, sauces, chutneys and stir-fries.

COOKING

Onions can be sautéed, fried, roasted or pureed for sauces and by themselves make a delicious soup!

RECIPE: Bolognese Meat Sauce (Serves 4) *Adapted from Heart Foundation Cheap Eats*

2 Tbsp vegetable oil
2 onions, peeled and finely sliced or diced
2 carrots, grated or chopped thinly
500g beef mince
2 Tbsp plain flour
2 x 400g can chopped tomatoes and ½ cup water

1. Heat the oil in a large saucepan.
2. Gently cook the onion at a low heat until it is soft and a bit see-through, this will take around 5 minutes.
3. Add the mince and brown, drain off any extra fat.
4. Add the carrot to the mince and stir well.
5. Sprinkle the flour over the carrots and mince.
6. Add the chopped tomatoes and water.
7. Cook gently until the sauce has thickened: about 1 hour, add salt and pepper to taste.

Variations

- Add a splash of vinegar, some crushed garlic, fresh or dried herbs to add more flavour.
- Use lamb, pork or chicken mince instead or lentils instead of beef (if using lentils add ½ a cup of water for every quarter of a cup of lentils
- To make this recipe go further for a little extra cost add some sliced celery or leeks, some chopped broccoli or silverbeet.
- This recipe can be used over spaghetti for spaghetti bolognese, in lasagne, over baked potatoes, under mashed potatoes for a cottage pie or spread across pizza bases and covered with a little grated cheese for a delicious pizza.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

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