

ONION



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 or delicious.

COOKING



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

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.

STORAGE



- Choose onions with firm flesh and dry paper 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 other flavours.