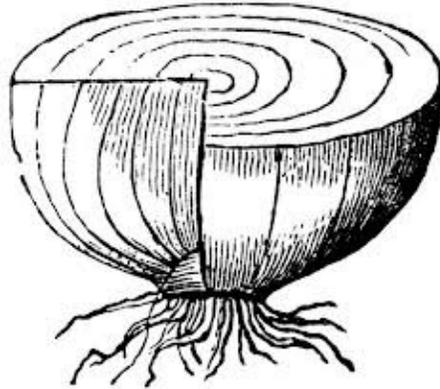


# Cooking with Onions

Onions are a kitchen staple, an essential ingredient, anytime of the year. During the summer months, local farmers raise large crops of onions for storage so that we can all keep our pantries stocked long after the growing season is over.



**Purchasing:** Locally grown storage onions are available throughout the winter months. Choose onions that are firm and dry with bright, smooth outer skins.

**How to Store:** Onions absorb moisture easily, so store them in a dry, cool, dark, well-ventilated location, along with garlic and shallots.

## Basic Caramelized Onions

*recipe source: [www.chow.com](http://www.chow.com)*

2 Tbsp unsalted butter  
2 medium yellow onions, halved and sliced paper thin (about 4 cups)  
Kosher salt  
Freshly ground black pepper

1. Melt the butter in a large frying pan over medium-low heat until foaming.
2. Add the onions, and let them cook, stirring rarely, until they are deep golden brown and caramelized, about 45 minutes. Season well with salt and pepper, remove from the pan, and let cool.

## French Onion Soup

*Adapted from "True French Onion Soup" at [myfrenchheaven.com](http://myfrenchheaven.com)*

1. Cut 9 small yellow onions into thin strips and sauté them in butter for about 30 minutes (or more) over medium heat. The goal is to sauté the onions until you get a uniform caramel color. Be careful to avoid burning the onions, or they will become bitter.
2. Sprinkle in a tablespoon of flour and mix well.
3. Add 6 cups of water or beef broth and let simmer for about 15 minutes.
4. Add salt, pepper and voila! Taste and add water or salt as necessary.
5. Put the soup into ovenproof bowls up to half a centimeter from the top.
6. Place a slice of toasted baguette on top and then a layer of grated Gruyere.
7. Place under the broiler for a few minutes. Remove from the oven and sprinkle with chopped parsley. Serve very hot.



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## Caramelized Onion Pudding

Recipe source: [www.food52.com](http://www.food52.com)

2 large yellow onions, peeled, sliced and cut into half circles  
2 tablespoons olive oil  
2 tablespoons unsalted butter  
1 teaspoon fresh thyme leaves  
3 large eggs  
1 tablespoon unbleached flour  
1/2 teaspoon kosher salt  
1/4 teaspoon ground white pepper  
1 cup heavy cream



1. In a large skillet, heat the oil and butter. When melted, add the onions and the thyme. Cook slowly, over medium-low heat, until the onions turn limp and brown.
2. Preheat oven to 350 degrees.
3. Using a mixer, beat the eggs. Add the dry ingredients and mix well over med. speed.
4. Lower the mixer speed and add the cream.
5. Grease a medium-sized gratin dish. Add the onions. Cover with the pudding mixture.
6. Bake 40 minutes or until browned and bubbly.



## Easy Pickled Red Onions

Recipe source: [www.epicurious.com](http://www.epicurious.com)

Ingredients: 2 red onions (sliced), 1 cup cider vinegar, 1 tsp salt

Blanch 2 sliced red onions in a small saucepan of boiling water to cover for 1 minute and drain in a colander. Then return them to the pan and add a cup of cider vinegar, a teaspoon of salt, and just enough cold water to barely cover the onions. Bring to a boil over high heat and simmer the onions 1 minute. Transfer the onions and brine to a glass jar and chill. The onions will turn the color of a pink piñata and will get crisp as they cool. They'll keep for weeks in the fridge.

## Onion, Kale, and Potato Frittata

Recipe source: [www.epicurious.com](http://www.epicurious.com)

1 yellow or white onion, sliced  
1 pound kale, trimmed, blanched 3 minutes in boiling water, drained, squeezed, and coarsely chopped  
2 cloves garlic, chopped  
2 cups boiled diced potatoes  
2 whole eggs  
2 egg whites  
1/2 tsp. paprika (preferably smoked)

Heat oven to 400°F. In a medium skillet coated with cooking spray, cook yellow onion over medium heat, stirring, 5 minutes. Add kale and garlic; stir 5 minutes. Add potatoes. Whisk eggs, egg whites, 2 tablespoon water and paprika in a bowl. Stir in kale-potato mixture. In a cast-iron skillet coated with cooking spray, cook egg mixture over medium-low heat 1 minute. Transfer skillet to oven; bake until eggs are set and center is slightly runny, 6 to 8 minutes. Broil until top is golden, 1 minute.