



Onion

A plant originally from central Asia and Palestine. The strength of the onion depends on the variety and the climate. The spanish onion is one of the mildest. The white onions is mild and sweet. The red onion is the sweetest and the yellow onion is the strongest.

Buying

Choose: firm onion, with no sign of sprouting or mold, a good dry, smooth and crackly outer skin, and a neck that is as small as possible.

Serving Ideas

Onion is used cooked or raw. The flavor of raw sliced onion can be softened by boiling for a few minutes or by soaking in cold water. Onion can be served as a gratin, deep-fried, stir-fried, with cream or stuffed. It is used as a condiment in hot or cold dishes, cooked or raw, chopped, minced or cut into rings.

Cooking

Cooking brings out the sweetness in onion and makes it milder.

Nutritional Information

Per 3.5 oz/100g	raw
Water	89.7%
Protein	1.2g
Fat	0.2g
Carbohydrates	8.6g
Fiber	1.6g
Calories	38

Preparing

Completely remove the section at the base of the onion with roots attached to make separating the layers of the onion easier. To remove the smell of onion from hands, rub with lemon juice or vinegar. The more finely an onion is chopped the more quickly it cooks, but the more flavor it loses.

Preparing onions is often accompanied by watery eyes, some suggestion for preventing tears:

- use a very sharp knife and stand as far away from the onion as possible
- chill the onion for 1 hr in the fridge
- cut the onion under a stream of cold water

Contains: potassium, vitamin C, folic acid and vitamin B. Onions contain substantially the same amount of vitamins and minerals when cooked

Properties: diuretic, antibiotic, antiscorbutic, stimulant and expectorant. It is used to treat flu, intestinal parasites, gallstones, diarrhea and rheumatism.

Storing

The length of time onions keep depends on the variety. The "stronger" the onion is and the less water it contains, the better it will keep.

At room temperature: keep onions in a cool, dry place (2-3 months). Keep away from potatoes as they absorb their moisture.