



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

ONIONS

AVAILABLE

All year.

STORE

Spring onions in the fridge.

Red and brown onions: in a cool, dry place.

Will keep for up to 2 months.

EAT

Raw or cooked.

PREPARE

1. Remove ends.
2. Remove outer skin.
3. Cut in half lengthwise.
4. Slice or dice.

COOK

Saute: In a frypan. Heat approx 1T of oil or butter till hot. Add sliced onions. Cook 7-8 minutes, stirring occasionally (until tender).

AVOID WASTE

Make stock: Saute 1 chopped onion with 1 grated carrot and chopped celery. Add a bayleaf and 1L water. Bring to boil. Simmer for 20 mins. Remove vegetables. Use in soup or stews.

Can be frozen.

Make salsa: There are lots of recipes online. Salsa can be frozen in serving sized containers.

Freeze: Freeze sliced onions in small containers. Suitable for cooking with.

TASTY IDEAS

- Add brown onions to stews, stirfries, and soups.
- Add spring and red onions to salads, coleslaws and salsa.
- Add finely chopped onions to savoury scones, muffins, toasted sandwiches.
- Use spring onions as a garnish for soups, pasta, stir-fries.