Local onion

Benefits

→ Because you simply can’t do without it!
This garden plant is one of the most universal flavouring ingredients. Indeed, onions are a staple in all kinds of dishes the world over.

→ Because it keeps for a long time!
The shelf life of onions varies depending on the variety. The stronger the onion, the longer it will last. Yellow onions, the most common variety, will last for 2 to 3 months, but the red onion will only keep for 2 to 4 weeks. Instead of storing onions in the fridge, where their odour can spread to other food, hang them in a net in a dry, cool and well-ventilated area.

Availability: year-round
Onion and orange Moroccan salad

PORTIONS: 4  15 MIN

Ingredients
- 4 oranges, peeled with a knife and sliced
- 2 radishes, thinly sliced
- 125 ml (½ cup) red onion, thinly sliced
- 8 Kalamata olives, sliced
- Fresh basil, chopped, to taste
- 1 glove garlic, finely chopped
- 0.6 ml (¼ tsp) paprika
- 1.25 ml (¼ tsp) cumin
- 15 ml (1 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil

Directions
1. Arrange the orange slices on a plate. Top with the radish slices, red onion, olives and basil.
2. Mix together the remaining ingredients in a small bowl and pour over the salad.

Variation
Add a little feta cheese.

Note
For a different texture, you can replace the orange slices with an orange supreme and use finely chopped onion.

Source: Julie Strecko, RD

Onion and maple syrup confit

PORTIONS: 3 TO 4  5 MIN 15 MIN

Ingredients
- 30 ml (2 tbsp) butter
- 3 to 4 onions, thinly sliced
- 125 ml (½ cup) maple syrup
- 1 sprig of fresh thyme
- Salt and pepper to taste

Directions
1. Melt the butter in a saucepan.
2. Add the sliced onions and cook over medium heat until the onions turn golden brown, about 10 to 15 min.
3. Add the maple syrup and fresh thyme. Cook 2 min, stirring occasionally. Salt and pepper to taste.

Note
Serve warm or cold with cheeses, in a sandwich or to accompany meat dishes.

Source: Inspired by dairygoodness.ca/recipes

Tip!
- Onions have a bad habit of letting off a gas when cut. To avoid tears and having to wear goggles when you cook, simply place the onion in the freezer for 15 mintues before cutting it.

Bonus - papillote onions!
- Peel the onion and cut an X on the top with a knife. Add a knob of butter, wrap in foil and place in the oven for 1 hour at 180°C (350°F).