

Red Onion



Selecting

A red onion is referred to as a dry onion. Choose firm, heavy onions with a dry papery skin. Avoid ones with brown or soft spots or onions that have green spouts.

Storing

Keep onions in a dark, cool location. It is best to keep them in the mesh bags they come in, or in a basket or colander. Do not store next to potatoes since both vegetables give off a gas that will cause the other vegetable to rot.

Once cut, wrap the onion in plastic, store in the refrigerator and use within a couple of days.

Preparing

Red onion has a spicy to mild flavour. It can be used in salads, salsas and other fresh recipes. When cooked, the red colour fades but the taste is still good.

To prepare, start by removing the dry papery skin. Score the skin lengthwise in a few spots to be able to remove the skin easily.

Onions can be sliced or diced. Cut onion in half so you have a flat surface to work with. To dice, place the flat end down, hold onto the root end of the onion and make a couple of parallel slices and then make multiple cross cuts to end up with diced onion pieces.

Seasonality

Red onions are available from September to March.

Nutrition

Red onions are low in calories and provide small amounts of fibre and Vitamin C



Want to try pickling red onions to make a unique recipe? Give Michael Smith's Grilled Watermelon Stead with Mint Almond Feta Pesto a try.

www.halfyourplate.ca/grilled-watermelon-steak-pickled-red-onions-mint-almond-feta-pesto/

