

# Shallots



## Selecting

A shallot is a type of onion. It is elongated and smaller than a regular onion, and has a golden, or red, paper-like outer layer. Compared to regular onions, shallot flavour is milder with a hint of garlic.

When selecting shallots, look for dry, papery skin that is whole and shows no sign of mold or green sprouts. Look for ones that are heavy and firm to the touch.

## Storing

Often shallots come packaged in a small cardboard box. Store them in this box or place in a basket that allows air circulation. Keep these containers in a dark, cool, well-ventilated place and the shallots will last around a month.

## Preparing

Shallots are milder than onions and have a slight sweet taste with a hint of garlic. They can be used either raw or cooked.

Shallots are prepared the same as an onion. Remove the root and neck end and peel the skin. The shallot can then be sliced as is, or broken apart into separate cloves and then sliced.

## Seasonality

Shallots are readily available all year long.

## Nutrition

Shallots contain Vitamins C and A.



Try this delicious recipe that uses shallots in a celery slaw:  
[www.halfyourplate.ca/recipe/pork-and-celery-slaw/](http://www.halfyourplate.ca/recipe/pork-and-celery-slaw/)

