

KNOW YOUR Onions

No matter how you slice them, adding onions is an easy way to change up a dish. They add sharp and zingy flavours when raw and a more mellowed, sweet taste when cooked.



Leeks

Large, with a woody green stem. The white parts have a subtle, sweet flavour when cooked.

Use

Bake, braise, roast, grill or sauté. Make into a soup with potatoes; grill on barbecue with other veggies.



Pearl Onions

White, yellow or red mini-onions with a mild flavour. Typically cooked whole.

Use

Roast or steam. Glaze with balsamic vinegar; cream by sautéing and adding cream.



Red Onions

One of the sweetest onion options, with a mild zing.

Use

Caramelize, grill or eat raw. Dice finely and use as a garnish; quick-pickle with vinegar, sugar and salt.



Shallots

Mild, sweet flavour with a hint of garlic. Less sharp than other onions.

Use

Fry, roast or sauté. Mince and add to a vinaigrette; roast whole with potatoes and root veggies.



Spanish Onions

Stronger than other onions, and slightly sweet. Suited to recipes that call for "onions."

Use

Caramelize, roast or sauté. Brown with ground meat; slice into rings, batter and deep-fry.



Green Onions

Flavourful, crunchy and subtly sweet. Also known as scallions or spring onions.

Use

Braise, grill, roast or eat raw. Chop and add to egg or potato salad; stir-fry in fried rice.

HOW TO HANDLE

Selection



Choose firm, unblemished onions with dry, paper-thin outer skins. For green onions and leeks, pick firm bulbs and vivid green stems that aren't wilted.

Storage



Keep uncovered in a dry, cool place for up to a month or at room temperature for up to two weeks. Cover and refrigerate cut onions for up to four days. Keep green onions and leeks in the crisper.

Prep



Remove roots, any tough bits and papery outer skin. Use only white portions of leeks and rinse well to remove grit; use green stems in homemade vegetable stock.

