



Onion

How to Prepare

Ask any chef and they'll tell you that onions are an essential part of every kitchen. They've been a part of recorded history since 5,000BC, and have been in recipes in China, Egypt and Persia for thousands of years. They've remained popular throughout this entire time because they store well, grow easily, have tremendous flavour, and have so much versatility. They're great as the star or as a support, with herbs, with spices, or both, and can be eaten baked, braised, boiled, grilled, fried, sautéed, pickled, or raw.

Onions grow reasonably well in Yellowknife. There are many varieties that can yield full bulbs, and others that will produce delicious green onions.

In your own kitchen, store onions in a cool, dry, dark place. When using them you want to remove the outer skin, and use the inner layers of the bulb. There are many ways to peel and chop onions, and a few basic methods are demonstrated here: wikihow.com/Cut-an-Onion

Try Using Onion:

- In soups, like French Onion;
- As a stock base (mirepoix);
- Caramelized with butter;
- Sautéed with mushrooms;
- On burgers, subs & sandwiches;
- In rice and pasta dishes;
- On kebabs with veggies & meats;
- In salads with tomato & cheese;
- Pickled or marinated;
- Grilled or sautéed with steaks;
- In many sauces and gravies;
- Seared with seafood or tofu; and
- In tarts, quiches, and frittatas.

Nutrition Highlights

- High in Vitamin B6 & C;
- A good source of fibre;
- A source of folate & manganese;
- A good source of Potassium; and
- Very low in fat and cholesterol.

Nutrition Facts

Serving Size 1 cup, chopped 160g (160 g)

Amount Per Serving

Calories 64 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 20%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



YELLOWKNIFE FARMERS MARKET



Recipe: Caramelized Onion Jam

Ingredients

¼ cup olive oil	1 rosemary sprig
3 large sweet onions, diced	1 cup sugar
2 parsley sprigs	¾ cup balsamic vinegar
2 bay leaves	Salt

Instructions

1. In a large pot, heat the olive oil until shimmering. Add the onions and cook over moderately high heat, stirring occasionally, until golden brown, about 15 minutes.
2. Tie the parsley, bay leaves and rosemary together with kitchen twine. Add the herb bundle to the diced onions and cook over low heat, stirring a few times, until fragrant, about 3 minutes. Sprinkle the sugar over the onions and cook, without stirring, until the sugar melts, about 5 minutes.
3. Increase the heat to high and cook, without stirring, until an amber-brown caramel forms, about 6 minutes. Stir in the balsamic vinegar and simmer over low heat, stirring a few times, until the jam is thick, about 5 minutes. Discard the herb bundle. Season the jam with salt and let cool.

This jam can be made ahead, and stored in the fridge for up to 5 days.

Though it is called a jam, this recipe pairs well with grilled meats, roasted chicken, or grilled salmon.

This is also a great condiment to serve with a platter of deli meats, cheeses, and fruit.