



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.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



ONION AND ORANGE MOROCCAN SALAD

Portion: 4  15 min

Ingredients

- 4 oranges, peeled with a knife and sliced
- 2 radishes, thinly sliced
- 125 ml (1/2 cup) red onion, thinly sliced
- 8 Kalamata olives, sliced
- Fresh basil, chopped, to taste
- 1 glove garlic, finely chopped
- 0.6 ml (1/8 tsp) paprika
- 1.25 ml (1/4 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  Approximately 15 min

Ingredients

- 30 ml (2 tbsp) butter
- 3 to 4 onions, thinly sliced
- 125 ml (1/2 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 from 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 minutes before cutting it.



BONUS - ONION EN PAPILOTTE!

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).