

Idaho-E. Oregon Spanish Sweet Onions

Tasty Recipes
and Information for Onion Lovers!



Onion Nachos



Provided by the
Idaho-E. Oregon Onion Committee

Designed for Consumers and
Foodservice Professionals

IDAHO-E. OREGON SPANISH SWEET ONION COOKBOOK

HOME OF THE PREMIUM COOKING ONION!

The Idaho-E. Oregon Onion Committee is pleased to offer this cookbook filled with mouth-watering recipes for foodservice professionals and consumers.

Find new ways to please your customers AND families dining at home with recipes like Onion Nachos or the new Bloomin' Onion Bouquet.

Onions are a tasty and healthy addition to any meal and the Idaho-E. Oregon Onion Committee hopes this cookbook will become an important part of your meal and menu planning.

Bon Appétit!

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DID YOU KNOW?

Idaho-Eastern Oregon Onion Committee is an instrumentality of the Federal government representing more than 300 growers and 36 shippers in Southwestern Idaho and Malheur County, Oregon.

DID YOU KNOW?

One of the best things about Idaho-Eastern Oregon Spanish onions is their long storage life. Under the proper conditions, these onions will retain their freshness and firm texture for up to nine months, reducing waste from spoilage.



Consumer Recipes

The Idaho-E. Oregon Onion Committee has developed recipes to assist consumers in enjoying their dining experience at home!

Crunchy Goodness Baked Bloomin' Onion

Yield: 4 Servings

INGREDIENTS

1 large Idaho-Eastern Oregon Yellow Onion
1/2 cup fresh multi-grain bread crumbs
¼ cup panko bread crumbs
2 egg whites, lightly beaten
1 teaspoon garlic powder
1/2 teaspoon paprika
½ teaspoon sea salt
1 teaspoon white pepper

METHOD

Preheat the oven to 375. Lightly spray a baking sheet with olive oil spray.

Peel the skin from the onion and trim the bottom so the onion sits flat. Cut the onion into wedges, or flower petals, being careful not to cut completely through to the bottom. The core can be removed for a place to serve sauce.

In a small bowl, combine the bread crumbs, panko, garlic powder, paprika, salt and pepper. Set aside.

In another bowl lightly whisk the egg whites. Dip onion into the egg whites until all areas of the onion are covered.

Set onion on baking sheet and sprinkle with bread crumb mixture generously covering the onion. Spray lightly with olive oil spray. Bake for 40 to 50 minutes, until the onions are lightly browned. Serve immediately with your favorite sauce.

Chili Onion Bloom

Yield: 4 Servings

INGREDIENTS

1 jumbo Idaho-E Oregon yellow onion, bloomed

1 15oz. can of chili

1/4 c. cheddar cheese, shredded

1/4 c. tomatoes, diced

1/4 c. sour cream, optional

METHOD

Peel onion. Cut 1/2 inch off neck end. Slightly trim root end but DO NOT cut into root base. Set onion on root end and cut onion into quarters stopping within 1/2 inch of root base. DO NOT CUT THROUGH ROOT BASE. Turn onion upside down. Insert paring knife 1/2 inch below root base and cut each quarter into four to six more sections by cutting downward. Leave core intact until onion is cooked. Place bloom in a deep microwavable dish. Pour chili over bloom. Cover and microwave on high for 8-12 minutes*. Cut out center of onion to free petals. Sprinkle cheese over cooked bloom. Replace cover and let stand for one minute until cheese melts. Sprinkle with diced tomatoes, top with sour cream and serve. *Cooking time may vary depending on microwave and onion size.

Thin Crust Pizza

Yield: 2 servings

INGREDIENTS

- 2 Baked sesame lavosh, 6x6 size
- 1 medium Idaho-E Oregon yellow onion, sliced
- 1 oz vegetable oil
- 2 oz Chevre goat cheese
- 1-1/2 oz. cream cheese
- 1/2 oz. Sour cream
- 1 oz Asiago or Parmesan cheese, grated
- Italian herb seasoning (as needed)
- salt and pepper (as needed)
- 1 oz spinach, julienne cut
- 1 Plum tomato, diced

METHOD

Sauté onions over medium heat in oil until golden brown and caramelized; set aside. Mix Chevre, cream cheese and sour cream. Divide equally over lavosh. Top with caramelized onions and grated cheese. Bake in preheated oven at 400°F 4 to 5 minutes. Remove from oven and set on cutting board. Lavosh may be soft but will firm up. Season with spike seasoning, salt and pepper if desired. Garnish with julienne spinach and diced plum tomato.

Onion Shish Kabobs with Fish

Yield: 6 Servings

INGREDIENTS

2 jumbo Idaho-E Oregon yellow onions, cut in 1 inch cubes (1 ½ lbs.)

6 large mushrooms, halved

2 c. zucchini or patty pan squash, sliced ¾ inch thick

1 c. red or yellow sweet peppers, cut in ¾ inch squares

1 ½ lbs boneless swordfish, tuna or halibut steak, cut into 1 inch cubes

½ cup Balsamic vinegar

2 Tbsp. Olive oil

2 tsp. dried thyme, crushed

1 tsp. salt

½ tsp. ground pepper

METHOD

Cut onions into one inch cubes. Arrange vegetable in a shallow pan. In separate bowl, combine remaining ingredients except fish; mix well and pour ⅓ cup over vegetables. Pour remaining marinade over fish in shallow bowl. Marinate vegetables 30 minutes or longer at room temperature. Marinate fish 30 minutes or longer in refrigerator; turn once halfway through standing time. Skewer vegetables alternately on each of 6 skewers. Skewer fish on each of 6 skewers. Broil 4 to 6 inches from heat, about 8 minutes total time or until vegetables are tender and fish is barely cooked; turn and brush with marinade several times during broiling.

Onion Dip

INGREDIENTS

¼ c. diced Idaho-E Oregon onion
2 Tbsp. diced Green pepper
1-2 diced Roma Tomatoes
1-2 tsp. mayonnaise
1-2 tsp. sugar (to taste)
½ -1 tsp. salt (to taste)
16 oz. container of cottage cheese

METHOD

Mix together and refrigerate for 1-2 hours or longer to allow flavors to blend.

Serve with crackers or chips (may also be used as side dish/salsa)

Courtesy of Patricia Morinaka
Nyssa, Oregon

Onion Quiche

Yield: 12 to 16 Appetizers or 6 Entrée servings

INGREDIENTS

6 slices bacon

3 c. thinly sliced Idaho-E Oregon yellow onion

1 (9 inch) baked pastry shell

1 ½ cups shredded Swiss cheese

1 cup half & half

1/2 tsp. salt

1/4 tsp. pepper

4 beaten eggs

MICROWAVE METHOD

Cook bacon in shallow baking dish covered with paper toweling on HIGH for 7 to 8 minutes or until crisp.

Reserve 1/4 cup bacon drippings in baking dish.

Add onions and cook on HIGH for 7 minutes or until tender, stirring 3 times. Drain. Crumble bacon over bottom of baked pastry shell. Top with cheese and spoon onions over cheese. In 1 quart glass measure, combine half & half and seasonings.

Cook on HIGH for 2 to 3 minutes or until boiling.

Gradually stir into eggs. Pour over onion in pastry shell. Cook on MEDIUM for 17 to 19 minutes, or until knife inserted off-center comes out clean, giving dish quarter turns every 5 minutes. Let quiche stand 10 minutes to finish cooking in center. Cut in wedges to serve. Makes 12 to 16 appetizers or 6 entrée servings.

CONVENTIONAL OVEN:

Quiche may be baked in a conventional oven at 350° for 40 to 45 minutes, using an unbaked pastry shell.

Confetti Onion Tarts

Yield: 2 dozen

INGREDIENTS

3 slices bacon, diced

1 c. chopped Idaho-E Oregon yellow onion

1 Tbsp. minced parsley

2 Tbsp. diced pimiento

1/2 c. grated Swiss cheese

2 eggs, beaten

3/4 c. milk

1/4 tsp. salt

Pastry for a 2 crust pie

METHOD

Fry bacon until crisp; remove from pan. Add onions to bacon drippings. Sauté until tender. Combine onions, bacon, Swiss cheese, parsley and pimiento. Roll pastry out on floured surface. Cut into 2 inch circles. Line 1 inch tart pans with pastry circles, Spoon in onion mixture. Combine eggs, milk and salt. Pour over onion filling. Bake at 375° for 20 to 25 minutes. Serve hot. Makes 2 dozen.

Caramelized Onion and Goat Cheese Pizza

INGREDIENTS

Pizza Dough, for 10 inch pizza
2 medium Idaho-E. Oregon yellow onions, julienned
2 Tbsp. olive oil
1/2 tsp. sea salt
1 tsp. sugar
4 oz. chevre goat cheese, plain or cranberry flavor
4 oz. cream cheese
2 crisp Idaho apples, sliced thin
½ c. toasted pecan pieces
1 c. roughly chopped fresh basil leaves
1/2 c. balsamic vinegar

METHOD

Preheat oven to 400 degrees.

Balsamic Vinegar Reduction:

In a small saucepan over low heat warm vinegar for about 5 minutes. It will begin to simmer and steam. Remove from heat and set aside.

Carmelized Onions:

Heat olive oil in a sauté pan over medium heat. Add onions. Sprinkle sea salt and sauté until translucent. Add sugar and continue cooking until golden brown (about 20-30 minutes). set aside.

Pizza:

Roll out dough to 10" circle. Transfer to baking sheet. In a small sauce pan over low heat, combine cream cheese and chevre until melted.

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Spread melted cheese evenly over the pizza crust allowing ½ inch at the edge.

Distribute the caramelized onions evenly across the dough. Continue with the apple slices. Press the onions and apples into the dough slightly. Sprinkle pecans.

Drizzle balsamic vinegar reduction over the top.

Place pizza in preheated oven and bake for 10-15 minutes until crust is golden brown.

Remove from oven and top with fresh basil. Serve immediately.

Yam-Stuffed Onions

Yield: 4 Servings

INGREDIENTS

4 medium (8-10 oz. each) Idaho-E Oregon yellow onions

Salt

1 can (16 oz.) yams, drained and mashed

1 egg beaten

1/4 tsp. nutmeg

2 Tbsp. brown sugar

1 Tbsp. butter

Toasted, sliced almonds (optional)

METHOD

Peel onions and place in a large saucepan with 1 inch of salted water. Cover and bring to a boil. Simmer 10 minutes or until onions are barely tender. Drain. Cut 1/2 inch slices from tops of onions. Scoop out center, leaving 1/2 inch shells. (Save scooped-out portions to season soups or sauces.) Arrange onions in shallow baking dish. Combine yams with egg, nutmeg, brown sugar and 1/4 tsp. salt. Spoon into onion shells. Dot with butter. Bake at 350° for 25 minutes. Sprinkle tops with almonds, if desired. Makes 4 servings.

Onion Pie

INGREDIENTS

¼ c. plus 2 Tbsp. butter divided
1 c. finely crushed butter flavored crackers
3 c. peeled and very thinly sliced onion
2 eggs, lightly beaten
¼ c. milk
1 tsp. salt
Pepper to taste
½ c. shredded sharp Cheddar cheese

METHOD

Preheat oven to 350°. Place ¼ c. butter in 9 inch pie plate. Place in oven to melt. Remove and add cracker crumbs. Mix well with a fork. Use spoon back to place crumbs into bottom and sides to form crust. In skillet, use remaining 2 tablespoons of butter to sauté onions till tender but not brown. Spread onions over crust. In medium saucepan, cook eggs, milk, and salt and pepper until hot but not boiling. Pour over onions and sprinkle with cheese. Bake 30-35 minutes until cheese is lightly browned. Let set about 10 minutes before serving. Cut into wedges and serve.

Courtesy of Barbara Schulthies
Nyssa, Oregon

Tenderloin Steak with Caramelized Onions

Yield: 2 Servings

INGREDIENTS

2 3-4 oz Beef tenderloin steaks
Salt and pepper as needed
1/8 c. Vegetable oil
1 medium Idaho-E Oregon Onion cut into 1/4 inch
slices
2 cloves fresh garlic, chopped
8 black peppercorns, ground
1/8 c. stout ale beer
3/4 c. beef broth
1/8 c. butter softened

METHOD

Season steaks with salt and pepper. Sauté in hot oil to desired degree of doneness; remove from skillet. Lower heat and cook onions until caramelized. Add garlic and ground peppercorns and heat about 15 seconds. Add ale and reduce until almost all liquid has evaporated. Add beef broth, bring to boil and reduce heat. Slowly whisk in softened butter. Arrange tenderloin on plate and arrange onions on top.

Baked Idaho-E Oregon Onions with Variety of Sauces

Yield: 4 Servings (8 to 10 oz. each)

INGREDIENTS

4 medium Idaho-E Oregon Onions

Salt and pepper

Butter

Topping of Choice (See recipes below)

METHOD

Peel onions. Slash tops of onions in an X. Place each onion on a square of foil. Sprinkle with salt and pepper. Dot with butter. Wrap tightly. Bake at 350° for 60 minutes or until tender. Remove foil and spread onions open. Spoon on topping of choice or sauce.

IN THE SKIN METHOD

Place whole, unpeeled onions in a baking dish. Bake in 350° oven for 45 to 50 minutes or until tender. Slash tops and serve as directed above.

MICROWAVE METHOD

Prick whole, unpeeled onions with a fork. Or, slash peeled onions. Arrange in microwave proof baking dish. Cover and microwave on High for 8 to 10 minutes or until tender. Rotate onions after 4 minutes. Serve as directed above.

PICK-YOUR-OWN-TOPPING

Set out dishes of one or more of the following: Sour cream, bacon bits, grated Parmesan cheese, chopped

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chives, crumbled blue cheese, minced green pepper or crushed cheese crackers.

Harvest Vegetable Sauce

1/3 cup chopped green pepper

2 cups diced zucchini

1 tomato, chopped

1/2 cup sliced mushrooms

2 Tbsp. butter

1/2 tsp. each salt and basil

1/2 cup unflavored yogurt

1/2 cup grated Jack cheese

Sauté green pepper, zucchini, tomato and mushrooms in butter 2 to 3 minutes or until crisp tender. Stir in salt, basil and yogurt. Spoon over baked onion and sprinkle with grated Jack cheese.

Deviled Ham Rarebit: Melt 1 Tbsp. butter and 2 cups grated Cheddar cheese in top of double boiler. Blend in 1/4 tsp. dry mustard and 1/4 tsp. Worcestershire sauce. Gradually stir in 2/3 cup milk. Place a spoonful of canned deviled ham in center of each baked, split onion. Top with cheese sauce.

Leftovers Ala King: Melt 2 Tbsp. butter in saucepan. Stir in 2 Tbsp. flour, 1/4 tsp. salt and 1/8 tsp. pepper. Cook over low heat, stirring until smooth. Gradually stir in 1 cup milk. Bring to boil, stirring constantly. Fold in one of the following: 4 hard cooked eggs, coarsely chopped, 1 cup diced cooked chicken, 1 cup flaked tuna or salmon, or 1 cup chopped ham. Heat through. Spoon over baked split onions.

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Instant Beef Stroganoff: Brown 1 lb. ground beef in 2 Tbsp. oil over medium heat. Stir in 2 Tbsp. flour, 1 tsp. salt and ¼ tsp. pepper. Cook 5 minutes. Stir in 1 can (10-1/2 oz.) condensed cream of mushroom soup. Simmer, uncovered, 10 minutes. Stir in 1 cup dairy sour cream. Heat through. Spoon over baked, split onions.

Seafood Newburg: Melt 2 Tbsp. butter in saucepan. Blend in 2 Tbsp. flour, 1/4 tsp. salt and 1/8 tsp. pepper. Cook over low heat, stirring until smooth. Gradually stir in 1 cup milk. Bring to boil, stirring constantly. Stir half tsp. of hot sauce into 1 beaten egg yolk. Then blend into remaining sauce. Fold in 1 cup lobster, crab, or shrimp, and 1 Tbsp. dry sherry. Serve over baked, split onions.

Puffy Coated Onion Rings

INGREDIENTS

- 2 Idaho-E Oregon yellow onions
- 2 eggs, separated
- 1 ¼ c. Buttermilk
- 1 ½ Tbsp. salad oil
- 1 ¼ c all-purpose flour
- 1 tsp. salt
- 1 ¼ tsp. baking powder

METHOD

Remove skins and slice onions 1/4 inch thick. Separate into rings. Beat egg yolks. Add buttermilk, oil and sifted dry ingredients. Beat egg whites until stiff. Fold into buttermilk mixture. Dip onion rings into batter. Fry, a few at a time, in deep fat heated into 375°. Drain thoroughly on paper towels and sprinkle with salt. Keep warm in oven.

Note: Puffy Coated Onion Rings may be frozen. When ready to serve, place frozen onion rings in baking sheet and heat on 450° oven for 5 minutes.

French Fried Onion Rings

Yield: Serves 6

INGREDIENTS

3 Idaho-E Oregon yellow onions

1 ¼ c. flour

1/2 tsp. salt

1/8 tsp. pepper

1 tsp. sugar

2 eggs

1 c. milk

1 tsp. Worcestershire sauce

METHOD

Remove skins and slice 1/2 inch thick. Separate into rings. Sift together flour, salt, pepper and sugar. Beat eggs until thick. Blend in milk and Worcestershire sauce. Add liquid to dry ingredients and stir just until smooth. Dip onion rings in batter. Fry a few at a time in deep fat heated to 375°. Drain thoroughly on paper towels. Sprinkle with salt. Serve immediately, or keep warm in oven. Serves 6.

Onion Casserole

INGREDIENTS

2 qt. onions

1 tsp. salt

1 can cream of mushroom soup

½ can evaporated milk

1 ½ c. grated sharp Cheddar cheese

1 medium bag plain potato chips, crushed

METHOD

Cut 2 quarts of onions into big chunks. Cover with water and add 1 teaspoon salt. Boil for 15 minutes. Drain well. Add 1 can cream of mushroom soup, ½ can evaporated milk, and 1 ½ cups grated sharp Cheddar cheese. Crush medium bag of potato chips and line bottom of casserole with half of the bag, add onion mixture on top of chips. Top with remaining chips. Bake in oven at 350° for 45 minutes.

Courtesy of Debbie Brock

Meatless Pasta Sauce

Yield: 4 to 6 Servings

INGREDIENTS

1 Large Idaho-E Oregon yellow onion
1 medium green pepper, chopped
1 clove garlic, minced
2 Tbsp. salad oil
1 can (10-1/2 oz.) condensed cream of mushroom soup
1 can (8 oz.) tomato sauce
1 can (4 oz.) mushroom pieces, drained
1 bay leaf
3/4 tsp. oregano
1/2 tsp. basil
Salt and pepper to taste

METHOD

Peel and coarsely chop onion to measure about 2 1/2 cups. Sauté onion, green pepper and garlic in oil until tender. Stir in remaining ingredients and bring to boil. Reduce heat and simmer stirring occasionally, about 15 minutes. Serve over hot spaghetti or noodles, sprinkle with grated Parmesan cheese. Makes 4 to 6 servings.

Onion Tomato Sauce

Yield: 2 ½ Quarts

INGREDIENTS

3 Large Idaho-E Oregon yellow onions, chopped
(about 3 lb.)

3 cloves garlic, minced

1/2 c. Olive oil

5 lbs. tomatoes, peeled and quartered

1/2 c. chopped parsley

1 green pepper, seeded and chopped

1 Tbsp. oregano

2 tsp. paprika

3/4 tsp. rosemary

1 ½ tsp. salt

3/4 tsp. pepper

1 c. dry red wine

1/2 c. water

METHOD

Sauté onions and garlic in oil until tender. Add tomatoes, parsley, green pepper, seasonings, wine and water. Simmer until thick, 1½ to 2 hours. Cool and pour into freezer containers, leaving 1/2 inch head space. Freeze. Makes about 2 ½ quarts sauce.

Savory Onion Soup Base

Yield: 3 Pints

INGREDIENTS

6 large Idaho-E Oregon yellow onions

3/4 c. butter

1 Tbsp. sugar

2/3 c. flour

1/2 c. beef bouillon granules

1½ c. water

METHOD

Peel and slice onions into 1/4 inch rings, should measure about 18 cups. Melt butter in a large kettle. Add onion rings. Sauté over low heat for 15 minutes or until onion rings are golden and tender. Stir in sugar and flour. Gradually add bouillon and water. Cool. Spoon into pint or half-pint freezer containers. Store in freezer. Makes 3 pints.

FRENCH ONION SOUP

Thaw 1 pint Savory Onion Soup Base. Place in 2 quart saucepan. Gradually stir in 5 ½ cups water. Bring to a boil. Simmer 10 minutes. Season to taste with salt and pepper. For each serving, place a thick slice of toasted French bread in soup bowl. Sprinkle with 1 Tbsp. grated parmesan cheese. Ladle in soup. Makes 4 to 6 servings.

CREAMY ONION SOUP

Thaw 1 pint Savory Onion Soup Base. Place in 2 quart saucepan. Stir in 3 ½ cups water. Bring to a boil; simmer 5 minutes. Stir in 2 cups half & half. Simmer until heated. Season to taste with salt and pepper.

CONTINUED...

Makes 4 to 6 servings.

SAVORY ONION SAUCE

Thaw 1/2 pint Savory Onion Soup Base. Place in saucepan. Stir in 1 cup of water. Dissolve 1 Tbsp. flour in 1/4 cup water. Stir into onion mixture. Bring to a boil, stirring constantly. Simmer 5 minutes. Makes about 2 cups sauce.

ONION WINE SAUCE

Follow recipe for Savory Onion Sauce, substituting 1/4 cup dry wine or Madeira for 1/4 cup water.

Orange Glazed Onions and Apples

Yield: 6 Servings

INGREDIENTS

2 medium (8 to 10 oz. each) Idaho-E Oregon yellow onions

2 medium Idaho apples

1 c. water

1/4 c. orange juice concentrate

3 Tbsp. white wine

2 Tbsp. honey

2 tsp. prepared mustard

1/2 tsp. salt

2 Tbsp. cornstarch, dissolved in 2 Tbsp. water

METHOD

Remove bronze skin from onion and cut into wedges. Core apples, but do not peel, and cut into wedges. Combine remaining ingredients except cornstarch in a saucepan. Bring to a boil. Add onion wedges. Cover and simmer 10 minutes. Add apple wedges and simmer 5 minutes longer or until onions are tender. Remove onions and apples to serving dish. Keep warm. Stir cornstarch mixture liquid into saucepan. Bring to a boil and cook, stirring until thickened. To serve: spoon orange sauce over onions and apples. Makes 6 servings.

Note; Delicious with baked ham, roast turkey or chicken, or pork roast. Extra orange sauce may be served over the baked ham or roasts.

Onion Pull Apart

Yield: 1 Loaf

INGREDIENTS

2-3 Jumbo Idaho-E Oregon yellow onions (about 2 lbs.), thinly sliced

2 large eggs

2 Tbsp. milk

1 c. all-purpose flour

1½ tsp. salt

2 qt. Vegetable oil

METHOD

Preheat vegetable oil to 385°. Dip frying basket into oil and set aside on foil. Peel and thinly slice onions separate into rings. In medium bowl, combine eggs and milk. In large bowl, combine flour and salt. Dip ¼ of the onion rings into egg mixture, and then toss with flour mixture. Cover bottom of frying basket with layers of onion rings. Repeat dip and layer procedure, pressing onions firmly until basket is full. Lower basket of onion loaf into hot oil and fry 10 to 12 minutes or until golden brown. Remove basket and place onto paper towels to absorb extra oil. Serve in an onion loaf form.

Onions on the Barbecue

Yield: One per Person

IDAHO-E OREGON ONIONS ROASTED "AU NATUREL"

Choose a medium Idaho-E Oregon onion for each serving or a large onion for two. Place unpeeled onions at the edge of hot coals. Roast 45 to 50 minutes until tender, turning occasionally. To serve, remove charred crust. Dot with butter and sprinkle with salt and pepper.

FOILED ROASTED IDAHO-E OREGON ONIONS

Remove tops and skins from Idaho-E Oregon Onions, allowing 1 medium onion for each serving or a large onion for two. Cut an X halfway through each onion. Dot with butter and sprinkle with salt and pepper. Wrap each onion in heavy duty aluminum foil. Seal foil. Place in hot coals and roast 45 to 50 minutes until tender, turning occasionally.

For variety, brush onions with Worcestershire sauce or liquid smoke and dot with butter. Or, sprinkle with seasoning salt or a favorite herb.

Buttery Lemon Baste for Chicken served with Idaho-E Oregon Onions

Cook chicken parts over hot coals approximately 40 to 50 minutes, turning and brushing frequently with the following mixture: Combine 6 Tbsp. melted butter, 1 Tbsp. lemon juice, 2 Tbsp. Vermouth, 1 clove minced garlic, 1/2 tsp. salt, dash of Tabasco sauce and 1/4 tsp. crushed thyme or marjoram. Serve with barbecued onions, and French bread.

Onion Barbecue Sauce

Yield: 2 Pints

INGREDIENTS

2 medium (1 ½ lbs.) Idaho-E Oregon yellow onions

3 cans (15 oz. each) tomato sauce

1 c. brown sugar

1/2 c. vinegar

1 Tbsp. dry mustard

2 tsp. Tabasco sauce

3/4 tsp. salt

2 garlic cloves, crushed

1/8 tsp. cayenne pepper

1 Tbsp. paprika

METHOD

Peel and finely chop onions to measure 4 ½ cups. Place in large kettle with remaining ingredients. Bring to a boil. Cover and simmer 1/2 hour. Pour into hot, sterilized pint jars, leaving 1/4 inch head space. Adjust caps. Process in boiling water bath for 15 minutes. Makes 2 pints.

Onion Bread and Butter Pickles

Yield: 8 Pints

INGREDIENTS

6 medium (3 lbs.) Idaho-E Oregon yellow onions
3 qt. (about 5 lbs.) Pickling cucumbers, sliced 1/4
inch thick
1/3 c. salt
3 c. vinegar
3 c. sugar
1 1/2 tsp. turmeric
2 Tbsp. mustard seed
1 1/2 tsp. celery seed

METHOD

Peel and slice onions 1/4 inch thick. Separate into rings. Arrange onions and cucumbers in layers in a large bowl, sprinkling each layer with salt. Cover top with ice cubes and mix through. Let stand 3 to 4 hours. Drain well. Combine vinegar, sugar, and spices in large kettle. Bring to a boil. Add onions and cucumbers. Return to a boil. Pack into hot sterilized pint jars, leaving 1/4 inch head space. Adjust caps. Process in boiling water bath for 10 minutes. Makes 8 pints.

Open-Faced Burger

Yield: 6 Servings

INGREDIENTS

1 ½ lbs. ground beef
1 ½ tsp. salt
1/8 tsp. pepper
1 tsp. Worcestershire sauce
1/4 tsp. garlic salt or powder
French bread
Prepared mustard
Cheese slices, cut into triangles

METHOD

Combine ground beef and seasonings. Cut French bread in half, lengthwise. Spread cut surfaces with prepared mustard. Spread ground beef filling evenly over top of each half. Place under broiler and broil to desired doneness. Garnish with cheeses triangles. Place under broiler again until cheese melts. To serve, cut slices diagonally. Serve with Onion Confetti Relish (page 21). Makes 6 servings.



Onion Images

Browse through the Committee's recipe images and images of Idaho-E. Oregon's beautiful Spanish Sweet Onions.



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Sandwich page 92***

Bloomin' Onion Bouquet page 62



Onion and Mango Salsa page 77





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*Romesco Catalan Sauce
with Scallops page 107*



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***Crunchy Goodness Baked
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***Caramelized Onion and
Goat Cheese Pizza page 16***

DID YOU KNOW?

Growers in the sunny, fertile Snake River Valley of Idaho and Eastern Oregon produce more high-quality storage onions than any region in America, planting approximately 21,000 acres every year. The combination of climate and soil conditions found in this region creates favorable growing conditions for third- and fourth-generation farmers who harvest more than 24,000 carlots (40,000 lbs. per carlot) annually.



Foodservice Recipes

The Idaho-E. Oregon Onion Committee has developed recipes that will please your customers and increase profits!

Bloomin' Onion Bouquet

Approximately 18-20 Bouquets per Recipe

INGREDIENTS

6 Super Colossal Idaho-E. Oregon Spanish Sweet Onions

5 cups Flour

5 tsp. Salt

2 tsp. Black Pepper

1 tsp. White Pepper

1 tsp. Garlic Powder

5 tsp. Paprika

2 cups Buttermilk

Vegetable Oil for Frying

METHOD

Trim ends of onion slightly, maintaining roundness as much as possible. Remove Peel. Slice onion into 8 equal sections, lengthwise. Remove individual "petals" from each section.

Using 10" wooden skewers arrange 5 to 6 petals on one end of skewer, layering to achieve flower look.

Mix together dry ingredients. Sprinkle individual flowers with seasoned flour. Dip in buttermilk. Make sure a part of the skewer below the bloom (about 1/2") is coated with buttermilk as well. Gently shake off excess buttermilk. Sprinkle again with seasoned flour, making sure the flour

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coats the ½" of skewer below the flower as well as the petals of the flower consistently.

Deep fry in oil at 350 degrees until golden brown, about 2-3 minutes.

Arrange 3 flowers in bar glass. Serve with dipping sauces of your choice.

Crunchy Goodness Baked Bloomin' Onion

Yield: 4 Servings

INGREDIENTS

- 1 large Idaho-E Oregon Yellow Onion
- 1/2 cup fresh multi-grain bread crumbs
- ¼ cup panko bread crumbs
- 2 egg whites, lightly beaten
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- ½ teaspoon sea salt
- 1 teaspoon white pepper

METHOD

Preheat the oven to 375. Lightly spray a baking sheet with olive oil spray.

Peel the skin from the onion and trim the bottom so the onion sits flat. Cut the onion into wedges, or flower petals, being careful not to cut completely through to the bottom. The core can be removed for a place to serve sauce.

In a small bowl, combine the bread crumbs, panko, garlic powder, paprika, salt and pepper. Set aside.

In another bowl lightly whisk the egg whites. Dip onion into the egg whites until all areas of the onion are covered.

Set onion on baking sheet and sprinkle with bread crumb mixture generously covering the onion. Spray lightly with olive oil spray. Bake for 40 to 50 minutes, until the onions are lightly browned. Serve immediately with your favorite sauce.

Onion Chip Nachos

INGREDIENTS

4 C. Cornmeal
1 C. 160° water
6 eggs
1 C. flour
½ C. cornstarch
extra flour as needed
your favorite nacho toppings

METHOD

Whisk hot water into cornmeal. Whisk in eggs, flour and cornstarch for batter. At service cut ½ Super Colossal onion into triangles. Toss onion sections in flour and coat with batter. Fry at 375° for about 3 minutes. Drain oil and transfer chips to heatproof platter. Top with cheese and various nacho toppings and bake until cheese melts.

Onion Cheddar Sauce

Yield: 4 Pints Sauce

INGREDIENTS

1 to 2 Idaho-E Oregon yellow onions
1/2 c. butter
1/2 c. flour
1 qt. milk
1 tsp. chicken bouillon base
1 ¼ tsp. salt
1/8 tsp. pepper
1 ½ c. grated sharp Cheddar cheese

METHOD

Peel onion and chop to make 3 cups. Sauté onions in butter until tender, but not brown. Blend in flour. Gradually add milk. Cook stirring constantly, until thickened and smooth. Blend in seasonings and cheese. Heat until cheese melts. Cool. Store in small covered plastic containers in the freezer. Makes about 4 pints of sauce.

TO SERVE ONION CHEDDAR SAUCE:

TOPPING: Heat sauce and serve as a topping for baked potatoes, hamburgers or salmon loaf.

CASSEROLES: Use in place of white sauce, onions and cheese in casseroles.

VEGETABLES: For creaming vegetables, combine defrosted sauce with cooked vegetables and heat through. There is sufficient sauce for creaming approximately 12 cups of prepared vegetables.

Crunchy Topped Baked Onions

Yield: 24 Servings

INGREDIENTS

12 Jumbo Idaho-E Oregon yellow onions, halved

1 qt. beef broth

2 cloves garlic, crushed

8 oz. butter, melted

3 c. salad croutons, crushed

METHOD

Preheat oven to 375°. Peel the onions and cut into halves. Place the cut sides down in a greased baking pan. Combine melted butter and crushed salad croutons. Sprinkle generously over onion halves. Cover and bake 30 to 40 minutes or until almost tender, basting occasionally. Carefully remove the onions from the broth and drain well. Place the onions, cut sides up, into the greased baking pan. Combine melted butter and crushed salad croutons. Sprinkle generously over onion halves. Bake 12 to 15 minutes or until crouton crust is nicely browned. Serve hot as an accompaniment for pork loin chops or roast beef.

VARIATION

Add ½ c. of grated Parmesan cheese and ¼ c. of parsley flakes to buttered crushed croutons.

Onion Bloom

Yield: 24 Servings

INGREDIENTS

6 Super Colossal Idaho-E Oregon yellow onions,
bloomed

Breading

1¼ lbs. of flour

5 tsp. salt

2½ tsp. black pepper

5 tsp. Paprika

1 qt. butter

Vegetable oil for frying

Barbecue Dipping Sauce

3 c. Idaho-E Oregon yellow onions, minced

2 Tbsp. garlic, minced

6 Tbsp. Olive oil

6 c. tomato sauce (3 lbs.)

½ c. beer

½ c. cider vinegar

½ c. brown sugar

2 Tbsp. worcestershire sauce

2 tsp. crushed red pepper flakes

2 tsp. black pepper

METHOD

Peel the onions. Slice off ½ inch of the top of each onion. Trim the root ends, so that they stand upright.

CONTINUED...

Stand each onion on its root end. Using a paring knife, cut triangular slices to center of the onion, slicing from the top down to ½ inch from the bottom, and working all of the way around to make 1 inch petals. Remove top of onion and reserve for other uses. Refrigerate onions covered in ice water until layers open up, 3 hours or overnight. Drain well. Mix together flour, salt, pepper, and paprika. Sprinkle the onions with seasoned flour, gently spreading layers apart. Dip them into buttermilk, once again spreading the layers apart. Sprinkle them again with flour. Remove any batter that accumulates in the cores and deep fry them in oil at 350° until golden brown, for about 5-7 minutes. Drain well. Serve immediately with barbecue dipping sauce.

BARBECUE DIPPING SAUCE

Sauté the onions and garlic in oil over medium heat until softened. Add remaining ingredients and bring to a boil. Reduce heat to low and simmer until slightly thickened, about 15 minutes. Serve warm. Makes 6 cups.

Beer Batter Onion Rings

Yield: 5 lbs. Onion rings

INGREDIENTS

5-6 jumbo Idaho-E Oregon yellow onions

4 eggs, beaten

¼ c. vegetable oil

1 quart beer

1 tsp. salt

2 Tbsp. Baking powder

1¼ lbs. flour

Oil for deep-frying

METHOD

Preheat oil to 375°. Peel onions and slice into ½ inch slabs. Separate into rings. Combine eggs, oil, beer, salt, baking powder and flour. Stir with a wire whisk until thoroughly blended. Dip onion rings into batter, coating well. Fry in oil, for 2 to 3 minutes or until golden brown. Drain well and serve sprinkled with salt.

Stuffed Onions Provencale

Yield: 24 Servings

INGREDIENTS

12 medium Idaho-E Oregon yellow onions

½ c. butter or margarine

¾ c. olive oil

4 garlic cloves, minced

1 lb. green peppers, chopped

1½ lb. tomatoes, diced

1 lb. celery, chopped

1 c. dry white wine

1 Tbsp. salt

1 tsp. pepper

1 tsp. dried basil, crushed

METHOD

Preheat oven to 350°. Peel and cut ¾ inch off of the top of each onion. Trim the root end slightly. Place the onions cut side up, in a shallow baking dish. Melt the butter and drizzle over the onions. Sauté garlic in olive oil for 2 to 3 minutes. Add green pepper, tomatoes, and celery; sauté for another 5 minutes. Stir in the wine, salt, pepper, and basil. Place it on top of the onions. Cover and bake for 45 minutes or until the onions are tender, basting occasionally with liquid from the baking dish. Serve whole.

Caramelized Onion Steak Sandwich

Yield; 12 Servings

INGREDIENTS

4½ lbs. beef tenderloin
4 jumbo Idaho-E Oregon onions, 1/8 inch slices
12 slices of medium cheddar cheese
12 large slices of bread
¾ c. ale mustard
24 leaves of lettuce
3 lbs. tomatoes
12 oz. unsalted butter, divided
2½ tsp. kosher salt
1 tsp. black pepper, fresh ground
2 tsp. fresh minced herbs, such as thyme,
rosemary, sage, or savory, optional

METHOD

Charbroil tenderloin to desired doneness, set aside to cool. Sauté onions with butter in saucepan over medium heat for 10 minutes. Add salt, pepper and herbs; continue cooking for an additional 15-20 minutes or until onions are translucent, tender and golden brown. Slice cooled tenderloin very thinly and separate. Arrange thin meat into 12 stacks and broil, turning once. Add cheese to each stack and broil until melted. Toast bread slices. Arrange toasted bread on individual plates.

CONTINUED...

Spread each slice with ale mustard. Add lettuce leaves, tomato slices and broiled meat to each, topping with caramelized onions. Serve open faced.

Sherry Spiked Caramelized Onions

INGREDIENTS

20 onions en julienne
salt & pepper
½ c. olive oil
1 c. granulated sugar
1 c. cooking sherry
1 oz. fresh thyme sprigs

METHOD

Heat oil in rondeau. Add onions and seasoning and cook over medium-low heat 10 minutes, stirring occasionally. Increase heat to medium-high and cook 10 minutes, stirring only at 2 minute intervals. Onions should be fairly caramelized. Add remaining ingredients and cook until most of liquid has evaporated. Discard thyme from onions. Cool and portion for later use.

Caramelized Onions

Yield: 12 Servings

INGREDIENTS

4-5 jumbo Idaho-E Oregon yellow onions, thinly sliced

12 oz. butter, unsalted

2½ tsp. salt

1 tsp. black pepper

2 tsp. fresh thyme, rosemary, sage, or savory, minced (optional)

METHOD

Peel and thinly slice onions. Place onions, butter, salt, and pepper in a heavy sauté pan. Cook mixture slowly over low heat, stirring often. After about 10 minutes, onions will begin to turn golden. Add herbs to onion mixture if desired. Cook an additional 20-25 minutes or until all onions are translucent, tender and golden. Cool onions on a sheet pan in the refrigerator, then place in an airtight container and keep refrigerated until ready to use. Onions may be made ahead and kept refrigerated for up to 5 days. To re-warm onions, heat over medium-low heat in a sauté pan.

In a hurry? Cover your pan with a lid for the first 5 minutes of cooking. This will trap the moisture, gently steaming the onions. Don't forget to stir during this cooking time. Remove the lid and turn heat to medium; cook 7-10 minutes longer.

Caramelized Onion Dip

2 large Idaho-E Oregon yellow onions
2 Tbsp. unsalted butter
2 Tbsp. vegetable oil
1/4 tsp. cayenne pepper
1/2 tsp. dried thyme
1 tsp. kosher salt
1/2 tsp. fresh ground black pepper
1 Tbsp. fresh lemon juice
4 oz. cream cheese (can be light), at room temperature
1/2 c. sour cream (can be light)
1/2 c. mayonnaise (not light)

Cut the onions in half and slice into 1/8 inch thick half rounds (you will have about 3 cups of onions). Heat the butter and oil in a large sauté pan over medium heat. Add the onions, cayenne, salt and pepper and saute for 10 minutes. Reduce the heat to medium low and cook for about 20 minutes until the onions are browned, stirring occasionally. Remove from heat and allow to cool.

Place the cream cheese, sour cream, mayonnaise, lemon juice and thyme in the bowl of an electric mixer fitted with a paddle attachment. Beat until smooth. Incorporate the onions well. Serve at room temperature.

Onion and Mango Salsa

Yield: 24 (1/2 cup) servings

INGREDIENTS

- 2 c. mangos, diced
- ¾ c. fresh lemon juice
- ½ c. balsamic vinegar
- 2 jumbo Idaho-E Oregon yellow onions, diced
- 5 c. fresh tomatoes, chopped
- 1/3 c. fresh chopped Basil, packed
- 4 c. red bell peppers, diced
- 4 c. green bell peppers, diced
- ½ c. jalapeño pepper, seeded and diced

METHOD

In large mixing bowl, pour lemon juice and balsamic vinegar over apples. Stir in onions, tomatoes, basil, and bell and Jalapeño peppers. Cover and refrigerate for several hours; mix well before serving. Serve salsa with chips, toasted bread bites or as an accompaniment to seafood, chicken, or pork.

APPLE SALSA VARIATION:

Substitute Idaho Granny Smith apples for mangos and thyme for basil. Prepare as directed above.

Oignon Soup

INGREDIENTS

1 qt. burgundy wine.

2 gal. veal remouillage

3 oz. herb bundle of parsley stems, chervil, thyme and tarragon tied together with butcher's twine.

¼ c. Sugar

salt and pepper to taste

2 c. Cream Sherry

METHOD

In a heavy rondeau, reduce wine to ¼ original volume. Add the remouillage, herb bundle and sugar. Bring to a boil and skim any fat or scum from the top. Remove from the fire and add the sherry. Carefully adjust seasoning. Cool quickly.

At service heat 10oz. soup with 4oz. caramelized onions. Pour into tureen and top with crostini and Gruyere slices.

Note: Soup may be served in hollowed out roasted Colossal Onions for more dramatic presentation.

Thai Onion Soup

Yield: 24 Servings

INGREDIENTS

2½ gallons beef or chicken stock

7 jumbo Idaho-E Oregon yellow onions, thinly sliced

1¾ c. soy sauce

¾ c. lime or lemon juice

2 Tbsp. ground ginger

2 Thai, serranno or jalapeño peppers, seeded and finely chopped*

96 halves (4 lbs.) medium-sized shelled shrimp, cooked, deveined, and sliced lengthwise

48 fresh cilantro or parsley sprigs, for garnish

4 limes, thinly sliced, for garnish

* Or use red pepper flakes, to taste

METHOD

Bring stock to a simmer. Peel and thinly slice onions into thin rings. Add onions, soy sauce, lime or lemon juice, ginger, and peppers to broth; simmer 5 minutes, until onions are crisp-tender. To serve, place 4 shrimp halves in each serving bowl. Ladle in soup and sprinkle with cilantro sprigs and lime slices for garnish.

Spanish Onion Soup Royale

Yield: 50-1 cup servings

INGREDIENTS

10-12 jumbo Idaho-E Oregon yellow onions, sliced

6 oz. olive oil

6 oz. butter or margarine

2 gallons chicken broth

2½ qt. half & half

3¾ lbs. Gruyere cheese, shredded

1 Tbsp. Worcestershire sauce

1¼ c. brandy

Salt and pepper, to taste

Cayenne pepper, to taste

Croutons (see recipe below), garnish

METHOD

Peel onions, cut in half through stem end, then cut crosswise into thin slices. Heat the butter and oil in a large pan. Add onions and sauté on low heat for about 30 minutes, stirring frequently, until onions are soft and golden. Add chicken broth. Bring to a boil, reduce to simmer and cook for 20 minutes. Add half & half. Simmer for 5 minutes. Stir in cheese, Worcestershire sauce, brandy, and seasonings. Stir until cheese has melted. Season to taste. Serve with croutons.

TOASTED PARMESAN-SESAME CROUTONS

Cut French bread into 1" cubes. Roll in melted butter or margarine, then in mixture of 2 parts parmesan cheese to 1 part sesame seed. Toast under broiler until browned, turning once.

Onion and Apple Bisque

Yield: 24 Servings-1 cup

INGREDIENTS

3 lbs. Idaho-E Oregon yellow onions, chopped
2 lbs. Idaho Golden Delicious apples, peeled, cored,
and chopped
4 garlic cloves, crushed
1½ dried thyme
2 bay leaves
2 tsp. freshly ground pepper
1 Tbsp. coriander seeds, crushed
8 oz. unsalted butter
1 gallon chicken stock
2 c. dry white wine
1 c. heavy cream
Salt to taste
Fresh mint sprigs for garnish

METHOD

Remove bronze skins and chop onions. Sauté onions, apples, garlic, thyme, bay leaves, pepper, and coriander seeds in butter about 10 minutes or until onions are golden. Add chicken stock and wine. Bring to boil, reduce heat and simmer 20 to 30 minutes. Add cream and salt to taste. Heat to simmering. Puree in blender or food processor until smooth. Serve hot or chilled, garnished with a sprig of fresh mint or a sprinkling of chopped fresh mint.

Onion, Citrus, and Tomato Salad

Yield: 24 (1½ cup) Servings

INGREDIENTS

6 jumbo Idaho-E Oregon yellow onions, thinly sliced

24 curly lettuce leaves

4 large navel oranges or grapefruit, peeled and cut into ½ inch slices

3 to 4 large beefsteak tomatoes, cut into ½ inch slices

48 blades of French chives, if desired

METHOD

Peel and trim ends from onions. Cut each onion into eight slices. Individual Serving: Place lettuce leaf on each lunch plate. Alternate and fan two slices each of oranges, tomatoes, and onions over lettuce. Drizzle each salad with 3 tablespoons dressing. Garnish with two blades of chive, if desired. Tip: Add slices of provolone or mozzarella to make an entrée salad.

DRESSING

2½ c. orange juice

1½ c. balsamic vinegar

¾ c. olive oil

1 Tbsp. dried basil leaves, crushed

1 tsp. salt

¼ tsp. pepper

Prepare Dressing: Blend orange juice, vinegar, oil, basil, salt, and pepper. Cover and refrigerate.

Hot Onion Pasta Salad

Yield: 48 (1 cup) servings

INGREDIENTS

4-5 jumbo Idaho-E Oregon yellow onions, minced

1½ lbs. bacon

1½ c. olive oil

8 cloves garlic, minced

12 oz. vinegar

12 oz. water

3 Tbsp. sugar

1/3 c. prepared mustard

1 Tbsp. salt

2 Tbsp. pepper

4 lbs. (raw) pasta, rotini, cooked

Lettuce for garnish

Idaho-E Oregon yellow onion rings for garnish

METHOD

Fry bacon until crisp; drain and crumble. Peel and finely mince onions. Sauté onions and garlic in olive oil until onions are translucent. Stir in vinegar, water, sugar, mustard, salt and pepper. Heat slowly to create dressing. Toss hot dressing with hot cooked pasta and crumbled bacon. Serve on a bed of lettuce. Garnish with onion rings.

Santa Fe Onion Stew

Yield: 24 Servings

INGREDIENTS

9 lbs. pork stew meat, cut into 2 inch pieces
¼ c. vegetable oil
7 jumbo Idaho-E Oregon yellow onions, 1 inch chunks
2¼ c. green bell peppers, coarsely chopped
9 c. russet potatoes, peeled, cut in ¾ inch chunks
4½ c. corn kernels
4½ c. chicken stock
2 cans (28 oz. each) tomatoes, peeled and chopped
1½ c. distilled white vinegar
½ c. lime juice
¼ c. minced garlic
4 whole jalapeño peppers, seeded and minced
4½ tsp. ground cumin
2 tsp. dried oregano
2 tsp. crushed red pepper flakes
Crisp Onion Ring Garnish (page 160)
Salt and black pepper to taste

METHOD

Trim meat of excess fat. Brown meat on all sides with oil in a large, heavy pot over high heat. Reduce heat and stir in onion chunks and bell peppers. Cook until onions are translucent. Stir in remaining ingredients except salt, pepper, and crisp onion strings. Partially cover and simmer until meat is tender, 1¼ to 1½ hours. Season to taste with salt and pepper. To serve: Ladle 1½ c. stew into each bowl and top with Crisp Onion Ring Garnish.

Greek Onion Pizza

Yield: 4 Pizzas

INGREDIENTS

8-9 jumbo Idaho-E Oregon yellow onions, rings

6 oz. butter or margarine

6 oz. olive oil

8 cloves garlic, minced

4 tsp. salt

1 Tbsp. basil, dried

½ tsp. pepper

4 (12 or 14 inch) pizza crusts, unbaked

Green olives, sliced as garnish

Anchovy, as garnish

METHOD

Preheat oven to 400°. Peel and thinly slice onions. Separate onions into rings and sauté in butter and olive oil until tender but not brown. Add garlic salt, basil and pepper mix well. Place pizza crusts on pans; top each with ¼ onion mixture. Spread to within ½ inch of edge. Garnish with sliced olives and anchovy fillets. Bake for 20 minutes or until crust is brown. Serve hot.

Onion Pizza Bread

Yield: 24 Servings

INGREDIENTS

5 Tbsp. active dry yeast

¼ tsp. sugar

5 c. warm water (110-115°)

10-12 c. flour

4 tsp. salt

4 jumbo Idaho-E Oregon yellow onions, sliced

1 c. olive oil

1 tsp. black pepper

2 Tbsp. fresh rosemary, chopped*

¼ c. grated Parmesan cheese

METHOD

Dissolve yeast and sugar in 1 cup warm water. Proof 5 minutes (to activate yeast). Combine 8 cups flour with 2 teaspoons salt in mixing bowl. Using paddle attachment, mix in the yeast mixture and remaining 4 cups water. Switch to dough hook and mix 10 minutes, adding in remaining flour as needed until dough is smooth and elastic.** Place dough in a well-oiled bowl. Cover with plastic and let rise until doubled in bulk, 45 minutes to 1 hour. Meanwhile, slice onions thinly and sauté in ¼ cup oil in large pan over medium heat until golden brown, 10-15 minutes. Season with pepper, rosemary, and remaining 2 teaspoons salt. Set aside.

Sautéed Onions, Nuts, and Feta over Pasta

Yield; 24 Servings (1/2 cup onions, 4 oz. cooked pasta)

INGREDIENTS

- 3 Tbsp. butter or margarine
- 2 Tbsp. garlic, minced
- 6 jumbo Idaho-E Oregon yellow onions, chopped
- 2/3 c. brown sugar, packed
- 3 c. walnuts, almonds, or pecans, chopped
- 1 lb. (8 oz.) part-skim Feta cheese, crumbled
- 24 oz. hot cooked pasta (your choice)

METHOD

In large pan, sauté garlic in butter over medium heat for 2 minutes. Stir in onions and continue cooking over medium-high heat until tender, about 8 minutes, stirring occasionally. Add brown sugar and walnuts; cook and stir just until sugar melts. Remove from heat. Add cheese and stir just to combine. To serve, portion 1/2 cup onion mixture over cooked pasta or over steamed vegetables.

Onion Pasta Bella

Yield: 12 main dish servings (3½ cups each), 24 side dish servings

Serve meatless or accompany grilled meats, chicken, or fish.

INGREDIENTS

8 jumbo Idaho-E Oregon yellow onions

6 large bell peppers, assorted colors, seeded and sliced

6 Tbsp. olive oil

6 large tomatoes, seeded and chopped

¼ c. garlic, minced

4 tsp. oregano, dried

2 tsp. medium-grind black pepper

6 qt. (cooked) bite sized pasta, such as cavatappi, fusilli, penne, rigatoni, rotelli, or Gemelli, boiled al dente, drained

3 oz. fresh basil leaves, coarsely chopped or shredded

1½ c. Mozzarella cheese (use fresh style if desired), ½ inch dice

3 c. Parmesan or Romano cheese, grated

METHOD

Cut ½ inch off the tops of the onions and slightly trim root ends. Bloom onions in onion bloom machine. Turn onions on their sides and cut ½ inch off base "petals". Petals should be individual pieces. Sauté onion petals with bell pepper strips in oil over high heat, about 5 minutes until tender-crisp and sweet.

CONTINUED...

Add tomatoes, garlic, oregano, and pepper to pan. Cover and cook over medium heat for 7 minutes to blend flavors. To order, toss 6 oz. (2 cups) hot pasta with 1 1/3 cups vegetable mixture. Add 2 tablespoons basil, 1/2 cup Mozzarella and 1/4 cup grated Parmesan cheese. Garnish with additional basil and cheese if desired.

Red Mesa Vegetarian Platter with Ranchero Onions

Yield: 12 Servings

INGREDIENTS

6 jumbo Idaho-E Oregon yellow onions

1 c. canned crushed tomatoes

1 Tbsp. chile powder

2 tsp. paprika

3 Tbsp. jalapeño chiles, minced

Plate Setup

1½ qt. black beans, cooked or canned

1½ qt. Spanish-style rice

24 crusty polenta half-moons (recipe follows)

12 slices firm tomatoes, sliced ½ inch thick, grilled

36 tomatillos (optional), husks removed, skewered, grilled

36 to 48 slices orange or red rell peppers, cut into 1 inch wide strips, grilled

36 to 48 strips fresh sage leaves (optional)

1½ lbs. Mexican queso añejo, feta or pressed salted farmers cheese, sliced (optional)

METHOD

Ranchero Onions:

Cut ½ inch off the tops of the onions and slightly trim root ends but do not cut into root base. Bloom onions in onion bloom machine, turn onions upside down and cut in half, carefully leaving root base on each half.

CONTINUED...

Line up onion halves cut side up at 45° angle in baking pan. Spoon tomatoes over onions. Sprinkle with chili powder, paprika, and chiles. Cover and bake at 425°F for 35 to 45 minutes or until onions are tender in center, but petals still have body and stand upright. For each serving, portion 4½ oz. (1/2 cup) beans in center of plate. Set a ranchero onion half on beans, fluff onion petals with fork and baste with pan juices. Surround with 3 oz. (1/2 cup) rice, 2 pieces polenta, 1 slice tomato, 3 tomatillos, and 3 or 4 slices zucchini or bell pepper. Garnish with sage. Add 2 oz. queso añejo cheese, if desired.

Crusty Polenta: Slice commercial polenta chub into ½ inch slices. Halve slices. Top with grated Parmesan cheese and broil just until they start to brown.

Mediterranean Vegetarian Sandwich

Yield: 24 Sandwiches

INGREDIENTS

48 slices Idaho-E Oregon yellow onions, sliced

48 slices eggplants, peeled and sliced

1/3 c. minced garlic

1½ c. prepared pesto

48 slices roasted sweet red peppers, halved

48 slices Roma tomatoes, sliced

48 slices Provolone or Mozzarella

48 fresh basil leaves

24 6 inch rolls

METHOD

Arrange onion and eggplant slices in a single layer on non-stick or lightly oiled baking sheets. Spread garlic over onions. Bake at 400°F until tender, about 20 minutes. For each sandwich, spread about one tablespoon pesto on each toasted bottom surface of rolls. Layer filling in order: 2 slices provolone, 2 roasted pepper halves, 2 eggplant slices, 2 tomato slices, and 2 basil leaves. Close with roll top. Repeat procedure for remaining sandwiches. Serve immediately.

Vegetable Chili with Onions and Eggplant

Yield: 16 Servings

INGREDIENTS

2 medium eggplants pared, cut into ½ inch cubes
2 Tbsp. kosher salt
1 c. olive oil, divided
2 jumbo Idaho-E Oregon onions, dices
4 green peppers, diced
2 Tbsp. garlic, chopped
2 qt. canned diced tomatoes, undrained
2 qt. fresh tomatoes, diced
1 c. fresh parsley, chopped
¼ c. chili powder
2 Tbsp. ground cumin
2 Tbsp. dried oregano
2 Tbsp. dried basil
1 Tbsp. ground black pepper
1 Tbsp. fennel seed
2 tsp. salt
2 c. Anasazi or Pinto beans, cooked or canned
2 c. Garbanzo beans, cooked or canned
¼ c. dried dill weed
¼ c. lemon juice
16 wedges of steamed acorn squash

CONTINUED...

METHOD

Place eggplant in colander and sprinkle with kosher salt. Let stand 1 hour. Pat eggplant dry with towel. Heat $\frac{3}{4}$ cup oil in large skillet over medium heat. Add eggplant and sauté until tender. Remove eggplant and set aside. Heat remaining $\frac{1}{4}$ cup oil. Add onions, green pepper, and garlic. Sauté for 10 minutes or until onions are softened. Add sautéed eggplant to pan. Reduce heat and add canned undrained tomatoes, fresh tomatoes, parsley, chili powder, cumin, oregano, basil, pepper, fennel, and salt. Cook uncovered for 10 minutes, stirring frequently. Stir in beans, dill, and lemon juice. Cook 15 minutes longer. Stir well and adjust seasonings. To serve, spoon chili into hot wedge of squash on plate. Garnish with chili pepper and accompany with hot steamed brown rice, if desired.

Curry Onion Bulgur

Yield: 24 Servings

INGREDIENTS

1 lb. (12 oz.) bulgur

2 qt. water, boiling

1 jumbo Idaho-E Oregon yellow onion, $\frac{3}{4}$ inch chunks

10½ oz. carrots, diced

10½ oz. cabbage, finely shredded

$\frac{1}{4}$ c. vegetable oil

4 tsp. granulated garlic

$\frac{3}{4}$ c. sunflower seeds

7 oz. raisins

$\frac{3}{4}$ c. soy sauce

$\frac{1}{3}$ c. curry powder

$\frac{1}{3}$ c. ground cumin

Italian parsley for garnish

Cherry tomatoes for garnish

METHOD

Combine bulgur and boiling water; mix and reserve. Sauté onions with carrots and cabbage in oil until tender. Add garlic, sunflower seeds, raisins, soy sauce, curry powder, and cumin; mix well. Add reserved bulgur and mix well. Serve hot, garnished with parsley and cherry tomatoes.

Onion Quiche

Yield: 12 (5 inch) or 3 (9 inch) Quiches

INGREDIENTS

4-5 jumbo Idaho-E Oregon yellow onions, thinly sliced

15 (5 inch) or 3 (9 inch) pastry shells

½ c. butter

12 oz. Swiss cheese, grated

1 lb. bacon, cooked crisp and crumbled

1 dozen eggs

1 qt. light cream

1½ tsp. salt

1 tsp. hot pepper sauce

1/3 c. parsley, minced

METHOD

Preheat oven to 350°. Peel and thinly slice onions. Separate into rings and sauté in butter until golden. Sprinkle half of the cheese and bacon in bottom of quiche shells. Divide sautéed onion evenly among shells. Top with remaining cheese and bacon. Beat eggs, cream, salt, hot pepper sauce, and parsley together until blended. Pour mixture over onion filling in pastry shells. Bake 20-25 minutes for 5 inch quiches, and 35-40 minutes for 9 inch quiches, or until set.

Stir-Fry Beef with Vegetables

Yield: 8 Servings

INGREDIENTS

2 jumbo Idaho-E Oregon yellow onions, thinly sliced
5 Tbsp. olive oil
1½ lbs. flank steak or round steak, thinly sliced
3 Tbsp. soy sauce
2 Tbsp. dry sherry or orange juice
2 tsp. cornstarch
1/8 tsp. freshly ground pepper
2 medium carrots, sliced diagonally
1 c. broccoli flowerets
1 c. fresh mushrooms, sliced
2 stalks celery, sliced diagonally
½ c. bean sprouts
1 small can (4 oz.) bamboo shoots
1 small can (4 oz.) water chestnuts
¼ c. water

METHOD

Slice onions and separate into rings. Sauté onions slowly with 3 tablespoons oil in wok or skillet. Slice meat very thin on the diagonal. (Meat slices best if partially frozen). Mix 2 tablespoons Soy sauce, dry sherry, cornstarch, and pepper. Pour over beef and let marinate while vegetables sauté. Remove onions and set aside. Add carrots, broccoli, mushrooms, celery, bean sprouts, bamboo shoots, and water chestnuts, stir-fry for 2 minutes, then remove. Heat remaining 2 tablespoons oil. Add meat and quickly stir-fry until redness disappears. Add all precooked vegetables and remaining 1 tablespoon soy sauce, and water. Heat through. Serve over a bed of rice.

Sizzling Fajitas with Sautéed Onions

Yield: 20 Servings

INGREDIENTS

4-5 jumbo Idaho-E Oregon yellow onions, thin slices
5 lbs. flank steak or chicken breasts
3 c. soy sauce
1½ c. water
1½ c. vinegar
1 c. vegetable oil
3 cloves garlic, minced
1½ Tbsp. black pepper
6 medium green peppers, julienned
8 oz. butter or margarine
2 tsp. lemon pepper seasoning
20 flour tortillas
Salsa, for garnish
Guacamole, for garnish

METHOD

Combine soy sauce, water, vinegar, vegetable oil, garlic, and pepper. Pour over meat and marinate. Refrigerate 4 to 6 hours, turning occasionally. Sauté onions and pepper in butter until tender. Season with lemon pepper. Keep hot while cooking meat. Remove meat from marinade and place on grill or broiler pan. Cook to desired doneness. Cut meat across grain into ½ inch strips; heap with onions and peppers. Serve with warmed tortillas for wrapping. Top with salsa and guacamole.

Salmon Sauté with Savory Lentils

Yield: 12 Servings

INGREDIENTS

Savory Lentils:

2 jumbo Idaho-E Oregon yellow onions, diced
½ c. light olive oil
1 qt. beef stock
4 Tbsp. garlic, minced
1 Tbsp. fresh rosemary leaves, chopped
3 c. (1lb. 2 oz.) lentils, uncooked
Salt and pepper as needed
12 (6 oz. each) salmon fillets
Salt and pepper as needed
4 Tbsp. (divided) light olive oil
2 Tbsp. (1 oz.) butter
1¼ lbs. Chinese broccoli (gai lan), broccolini, or
broccoli rabe (rappini)
1 c. (8 oz.) water
1 Tbsp. garlic, minced
12 medium (6 lbs.) tomatoes, 1 inch pieces, in herb
vinaigrette sauce
36 Idaho-E Oregon onion rings, raw
2 lbs. mussels, cooked (optional)

CONTINUED...

METHOD

For Savory Lentils, sauté onions in oil 8 minutes over medium heat. Add stock, garlic and rosemary; bring to boil. Add lentils, salt, and pepper. Cover and simmer 35-40 minutes or until lentils are tender, adding more water during simmering if necessary. Adjust seasonings. To prepare salmon, season fillets with salt and pepper. Sauté flesh-side down in 2 tablespoons oil in non-stick pan for 1 minute over medium heat. Turn and cook for 10 minutes or until cooked as desired. For Chinese broccoli, heat butter and remaining 2 tablespoons oil in pan. Add broccoli and sauté for 1 minute. Add water, garlic, and salt and pepper to taste. Braise over high heat for 3 to 5 minutes or until tender-crisp. For each serving, spoon about $\frac{3}{4}$ cup Savory Lentils onto plate and top with salmon fillet. Arrange broccoli, tomatoes and onion rings alongside. Add mussels, if desired.

Cajun Onions with Shrimp

Yield: 20 Servings

INGREDIENTS

4-5 jumbo Idaho-E Oregon yellow onions, thin wedges
8 oz. red bell peppers, chopped
8 oz. green Bell peppers, chopped
8 oz. celery, sliced
8 cloves garlic, minced
4 oz. butter or margarine
2 (28oz.) cans of tomatoes, canned, dices with liquid
1 Tbsp. basil, dried
2 tsp. seasoning salt
1 tsp. pepper
Hot pepper sauce, to taste
2 lbs. shrimp
8 oz. ripe olives, pitted
2½ qt. rice, cooked

METHOD

Peel and vertically slice onions into thin wedges. Heat oil in large pan; add onions, red and green peppers, celery, and garlic. Cook, stirring frequently until vegetables are tender-crisp. Add butter, tomatoes with liquid, basil, salt, pepper, and hot pepper sauce. Simmer for 5 to 10 minutes. Add shrimp and ripe olives. Adjust seasoning. Serve 1 cup onion mixture over ½ cup cooked rice.

Romesco Catalan Sauce with Scallops

INGREDIENTS

For the Sauce:

½ cup extra-virgin olive oil, plus extra for coating the vegetables

1 red bell pepper

1 large Idaho-E Oregon yellow onion

8 garlic cloves, papery outer skin removed

6 plum tomatoes

3 dried nyores sweet peppers (or other dried mild chili pepper)

1/3 cup blanched almonds

1 slice french bread, crust removed

1 T. red wine vinegar

1 t. paprika

½ T. kosher salt

For the Scallops:

2 T. extra virgin olive oil

8 large sea scallops

1 T. fresh chopped parsley

1 T. fresh lemon juice

salt and white pepper to taste

Preheat oven to 375 degrees. On a roasting pan, brush a thin layer of olive oil over the red pepper, onion, garlic and tomatoes. Roast for about 25

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minutes, until all vegetables are soft.

Remove from oven and cover with a towel. Once cool enough to handle, peel all vegetables. Seed the pepper and tomatoes, and remove the tomato tops.

Place the nyores peppers in a bowl covered with hot water. Soak for 15 minutes. Strain and remove the seeds. Place the nyores in a blender and puree until smooth. Pass the puree through a fine mesh sieve. Set aside in small bowl.

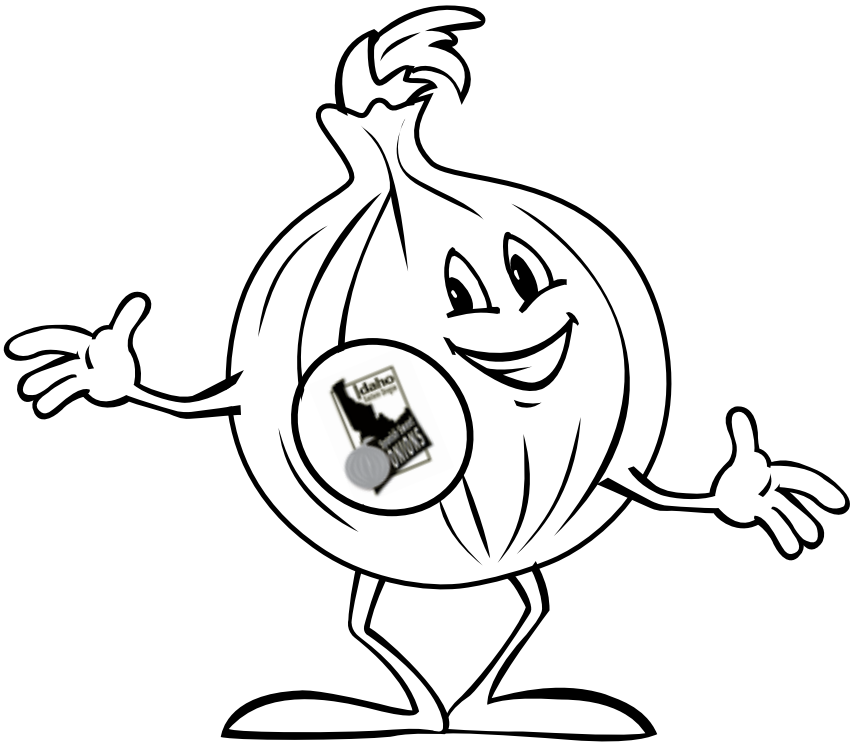
Heat 1 T. olive oil in a sauté pan over low heat. Toast the almonds until brown. Set aside in small bowl and allow to cool. In the same sauté pan, raise the heat to medium and add the bread. Toast the bread to a golden brown on each side. Remove bread from pan and allow to cool. Add the pureed nyores to the saute pan and cook for 30 seconds. Remove the pan from heat.

Place the roasted, peeled vegetables in a blender. Add the almonds, toasted bread, nyores puree, vinegar, paprika, and remaining olive oil. Blend into a thick sauce. Add salt to taste. Place Romesco Catalan sauce in a bowl.

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To prepare the scallops: Heat a saute pan over medium high heat. Add 1 T. olive oil. When oil is hot, add scallops, searing on both sides until scallops are slightly opaque, about 30 seconds each side. Drizzle lemon juice over scallops and season to taste with salt and white pepper.

To serve: Spoon sauce onto a serving plate. Place scallops on top. Garnish with parsley. A little drizzle of olive oil can also be poured over the dish, if desired.





Helpful Onion Info

Not all onions are alike! Idaho-E. Oregon Spanish Sweet onions are premium cooking onions! Learn more about the region's onions and gain helpful tips about storage and handling in this section.

Home of the Premium Cooking Onion

Growers in the sunny, fertile Snake River Valley of Idaho and Eastern Oregon produce more high-quality storage onions than any region in America, planting approximately 21,000 acres every year. The combination of climate and soil conditions found in this region creates favorable growing conditions for third- and fourth-generation farmers who harvest more than 24,000 carlots (40,000 lbs. per carlot) annually.

Our growers plant yellow, red, and white varieties of sweet Spanish seed. Sometimes these onions are also called "Spanish Onions" or "Spanish Sweets." The crop is planted in March and April, and harvest begins in August and continues into October. Yellow onions account for approximately 90% of the acreage. With state-of-the-art storage facilities, premium Idaho-Eastern Oregon onions are available from August to March/April.

Like grapes grown for fine wine, onions also respond to soil qualities, sunlight, and the latitude and longitude of their growing area. The rich volcanic soils and dry climate that produce outstanding potatoes also produce some of the finest onions in the world, with a unique combination of mild flavor, large size and tight, dry skins.

Onion Prep Tips

Peeling and Cutting Onions

Cut a 1/2-inch off the neck end of the onion, but leave the root end intact. Peel off the outer layers of the onion until all the thin, papery layers are removed. If the outer skin is very thin, peel the onion under warm running water to make the skin easier to remove.

Onion Blooms

The easiest way to create an onion bloom is with an onion bloom cutter. These can be purchased in household departments at most retail stores. If you do not have an onion bloom cutter, follow the instructions below using a sharp knife.

First, cut 1/2 inch off the top and peel the onion. Slightly trim the root end, but do not cut into the root base. Place the onion on its root end and slice downwards to cut into quarters, making sure to stop within 1/2 inch of the root base each time. Do not cut through the root base.

Next, place the onion on its neck end. Insert the knife 1/2 inch below the root base and slice downward, cutting each section into 4 to 6 more sections. Turn the onion back over and gently pull the petals open, leaving the core intact. If the onion petals do not open correctly, cut deeper into the onion's outer layers, angling the knife deeper on the outer layers. The core should remain intact while cooking, but should be removed before serving to allow petals to become individual units.

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Onion Slices

Place a peeled onion on its side and slice downwards. The thickness of slices can vary. For onion rings, cut the desired thickness and carefully separate each slice into individual rings. If the slices are difficult to separate, hold them under very warm water; the layers will become more pliable and easier to separate. Save the centers of the rings for dicing or mincing.

Onion Shoestrings

Place a peeled onion on its side and cut the onion lengthwise, stopping at the center. (This allows the onion rings to become strings.) Using an electric slicer or a very sharp knife, slice the onion very thin. For an appetizer or topping, coat with flour and seasonings and then fry.

Onion Wedges

Place a peeled onion on its bottom and cut the onion in half from neck to root. Cut each half in half again. Repeat until desired size is achieved. The root plate will hold the wedge together as one unit.

Diced/Chopped Onions

Cut a peeled onion into 1/4- to 1/2-inch-thick slices. Stack three or four slices in a pile, keeping the larger slices on the bottom. Cut onion pile into 1/4-inch strips in one direction. Keeping onion strips in a pile, cut strips in the opposite direction to create chopped onions.

Or place a peeled onion on its root end. Make six to eight cuts across the exposed face, cutting towards the root end but stopping three quarters of the way through the onion. Do not cut through the root base of the oni-

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on. Then cut the onion in the opposite direction, creating a checkerboard pattern. Turn the onion on its side and slice to create small diced onions.

Minced Onions

Follow instructions for diced/chopped onions. Continue cutting diced onion pieces into smaller portions to create minced onions.

How to Avoid Crying

Biochemists have spent years studying why onions make us cry. To date, they've determined that once an onion cell is pierced, a series of rapid chemical reactions take place. The reactions release sulfur, which irritates our eyes.

To help stop tears, chill an onion 30 minutes before peeling. Start cutting the onion from the neck first and use a stainless steel knife (not iron*). The onion will be stronger flavored at the root end. Cut onions can be placed in sealable plastic bags and kept in the refrigerator for several days.

**oxidation buildup on iron can be removed by the sulphuric acid contained in onions.*

Quality is Key

Created by Federal Marketing Order 958, the Idaho-Eastern Oregon Onion Committee is an instrumentality of the Federal government representing more than 300 growers and 36 shippers in Southwestern Idaho and Malheur County, Oregon.

Our goal is to work with all segments of the produce industry to provide consistently sized onions and the best possible quality available.

We work to increase consumption of Idaho-Eastern Oregon onions through the use of promotional programs, education, advertising and communications.

We partner with our growers and shippers to create programs to entice buyers, creating a demand for mandatory-inspected Idaho-Eastern Oregon onions.

We are the only storage onion region in the United States governed by a Federal Marketing Order (#958).

Our onions are inspected daily by the Federal-State Inspection Service to certify that they are in accordance with grade, size, pack and maturity requirements—another reason why our onions are some of the most popular grown anywhere in the world!

Storage Tips

One of the best things about Idaho-Eastern Oregon Spanish onions is their long storage life. Under the proper conditions, these onions will retain their freshness and firm texture for up to nine months, reducing waste from spoilage.

General tips:

Onions should be kept in a cool, dry, well-ventilated area.

Store onions at 34 to 45 degrees F (1.1 to 7 degrees C) with 65% to 70% relative humidity.

Keep onions out of direct sunlight.

Tips for commercial operations:

When storing large quantities of onions, use high volume fans to keep onions dry and prevent decay.

Bagged or boxed onions should be stored at least one foot away from walls and other pallets to provide good air movement.

DO NOT use plastic wrap on onions. The lack of air circulation reduces storage life.

Tips for home storage:

DO NOT store whole onions in plastic bags. The lack of air circulation reduces storage life.

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A basket or mesh bag provides good air circulation and works well for onion storage.

DO NOT store onions with potatoes or other produce items that release moisture.

Onions that are already cut will keep for several days if sealed in plastic bags and refrigerated.

Chopped or diced onions can be frozen for future preparation in cooked dishes.

Under proper conditions, whole storage onions can last up to four weeks at home.

Cooking Characteristics

Idaho-Eastern Oregon onions (sometimes called “Spanish Sweets”) have long been known for their wonderfully mild onion flavor and superior cooking characteristics. As an ingredient or topping, they perform beautifully, complementing and enhancing other flavors without overwhelming them. And with their high sugar and solids content, they’re ideal for popular techniques like caramelizing, sautéing and grilling.

Idaho-Eastern Oregon onions actually contain more sugar than sweet onions. While our raw onions are somewhat more pungent, cooking brings out the wonderful sweetness and mellow onion flavor that chefs love.

Idaho-Eastern Oregon onions contain more solids and less water than sweet onions. When cooked, they retain much of their firm texture.

Idaho-Eastern Oregon onions’ mild pungency may signal an important health benefit: a recent study by researchers at Cornell University found that stronger-flavored onions contain higher levels of the antioxidant quercetin, a compound show to inhibit the growth of some cancerous cells.*

Idaho-Eastern Oregon onions store longer--up to nine months under the proper conditions, reducing loss from shrink.

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Yellow, red or white?

Many people also wonder which color of onion they should use in their dishes. Generally speaking, yellow onions are best for cooking and red onions for salads. White onions are the traditional choice in Latin cooking and usually served diced and uncooked. But we all know rules were made to be broken, so don't be afraid to experiment!

*J. Agric. Food Chem., 52 (23), 7172
-7179, 2004. 10.1021/jf030733d S0021-
8561(03)00733-7 Web Release Date: October
16, 2004



Enjoy over 50 mouthwatering onion recipes and find out why Idaho-E. Oregon onions are superior and considered a premium cooking onion.

In addition to fabulous recipes included in the book, you'll find valuable storage, preparation and handling tips, as well as information about the region that produces beautiful yellow, red and white Spanish Sweets.



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Scan this QR Code for more recipes using a Smartphone scan program.