

# Onions Plentiful

Onions have been used to impart a distinctive flavor to cooking for thousands of years. The bulbous-rooted biennial herb has been so long in cultivation that its original form is not definitely known. It is probably a native of western Asia and adjacent parts of Africa since it is mentioned in old Egyptian writings. Its use has spread to all countries occupied by civilized man and is one of the most important ingredients used in modern food preparation.

The aromatic onion is especially useful in the preparation of festive holiday dishes — soups, salads, stocks, stew, casseroles, gravy, sauces, meat, fish, seafood and poultry entrees.

### MAIN DISHES

Onions have many uses with main dishes. Try fried onion rings to accompany plentiful beef, pork, turkey and other poultry entrees, or to top those popular ground beef offerings.

Also try hot onion pie to serve as the vegetable of the day or creamed onions to be served either as a vegetable or a main dish. Onion gravy, filled with lots of tender onion rings, is a tempting addition to any menu.

### ONION RINGS

Fried onion rings, caramel brown in color, and cooked to perfect tenderness, are excellent for serving with roast beef, braised pork, fried chicken and a host of fish and seafood main dishes.

To prepare, peel the onions, allowing one medium onion per person. Cut the onions into slices and separate into rings. Melt enough butter, margarine or vegetable shortening in a heavy skillet so the fat generously covers the bottom of the pan. When fat is hot, add the onion slices, and sprinkle gently with salt.

Cook slowly, turning frequently so each onion ring will be uniformly browned, allow about 20 to 30 minutes for the onions to cook to tender perfection. As soon as all are uniformly browned, they are ready to serve.

### BATTER-FRIED

Batter-fried onions are a variation of fried onions which command menu attention. To prepare, cut peeled onions into thick (about 1/4 to one third inch) slices. Separate into rings, and cover with salted water. Let the onions stand in the water for about 30 minutes, then drain and remove excess moisture with paper toweling.

Prepare a medium thick waffle batter, using a mix or favorite recipe, but make one variation to the recipe if not already called for — separate the eggs, adding yolks to the batter and beating whites until stiff and then folding in carefully. Folding in the egg whites results in a lighter coating on the onion rings.

Heat melted shortening or salad oil in heavy skillet to depth of one inch or to a temperature of 375 degrees. (A cube of bread browns in 40 seconds). Or fill automatically controlled deep-fat fryer with shortening and heat to 375 degrees. Dip a few onion rings at a time into batter and drop into the hot fat, frying until each is golden brown.

### ONION PIE

Hot onion pie is an unusual and mighty tasty way of serving plentiful onions. It's a baked vegetable creation, nestled in a baked pie shell, and should be served hot, cut into wedges. To prepare, bake one 9-inch pie shell to golden perfection. Then prepare filling by frying three cups thinly sliced onions in butter until soft and translucent. Stir about 1/4 cup evaporated milk or heavy cream into one pound small curd cottage cheese, adding a bit of salt and pepper to taste. Spread the cottage cheese mixture into the pie shell and cover with the sauteed onions. Bake 15 minutes in hot, 400 degree oven.

### Colorful Dessert

For a winter dessert in tune with the season, we suggest this bit of fluff with cranberry and wine flavor. The California Burgundy used in the recipe adds both color and piquancy, yet this is a dessert the whole family can enjoy. As the mixture is heated to the boiling point, the alcohol of the wine vaporizes. Only a subtle aroma and flavor remain.

### CRANBERRY-WINE MARLOW (Serves 4)

22 marshmallows  
1/4 cup jellied cranberry sauce  
1/4 cup California Burgundy or other red dinner wine  
2 teaspoons lemon juice  
1/2 cup heavy cream, whipped  
With scissors, cut marshmallows in quarters and place in a bowl. Place cranberry sauce and wine in a saucepan; crush cranberry sauce with a fork; heat mixture to boiling. Pour over marshmallows and stir until marshmallows are almost melted; add lemon juice; chill. When mixture begins to thicken, fold in whipped cream. Pour into 4 sherbet glasses and chill until firm. Garnish with a spoonful of whipped cream and a bit of cranberry sauce before serving.

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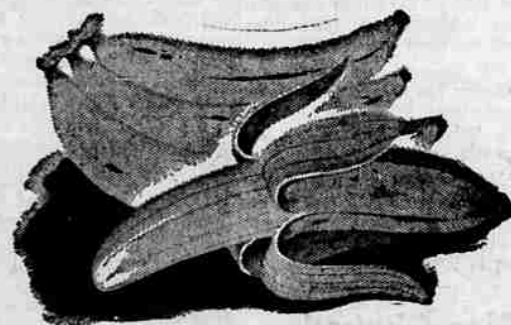
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