



## Side Dishes

Side dishes are taking center plate as customers seek healthier options and smaller portions of protein. The star of these fresh, modern sides? The essential, flavorful onion.

Onions add layers of flavor, color and texture to almost every dish. In fact, a recent menu survey showed onions are the most frequently mentioned vegetable on today's menus.\*

With a little effort, onions add value as well. In the menu survey, entrée items that included caramelized onions averaged \$1.80 more per item than onions menued without a noted preparation method.\*

\*Source: Menu Trends DIRECT Onion Study July 2010, Datassential



# Onions ~ on the Side





## Asian Bitter Onions

**Crisp onion rings are cooked with bitters, honey, star anise and rice vinegar to create a sweet-sour side dish for grilled or roasted entrées.**

**Yield:** 12 servings (1/2 cup each)

Ingredients	Weights	Measures
Grapeseed oil		2 Tbsp.
Sweet onions, thickly sliced	3 pounds	
Garlic, minced		2 Tbsp.
Rice wine vinegar		1-1/2 cups
Soy sauce		1/2 cup
Honey or molasses		1/3 cup
Bitters, orange		2 Tbsp.
Mustard seeds		1 Tbsp.
Star anise		3 whole
Red pepper flakes		1/2 tsp.

### Method:

In a large skillet, heat oil over medium-high heat; add onions and cook 4 to 5 minutes or until onions start to soften and take on color. Add garlic and continue to sauté 1 minute. Stir in vinegar, soy sauce, honey, bitters, mustard seeds, anise and pepper flakes and bring to a boil. Reduce heat and simmer 15 to 20 minutes, stirring occasionally. Remove from heat and let cool to room temperature. Strain out onions, reserving cooking liquids. Remove anise pods and discard.

Add strained cooking liquids back to pot and bring to a boil. Reduce liquids by half until thick and syrupy (about 1 cup). Remove from heat. In a bowl, toss onions with reduced cooking liquids to coat. Serve warm or at room temperature. Or cover and refrigerate until ready to serve.

Serve Asian Bitter Onions as an accompaniment to grilled beef or game, roasted meats or poultry. Can also be an accompaniment for cooked grains or roasted vegetables.





*Broccoli, Onion and Pine Nut Stir-fry*

**Classic broccoli stir-fry is enlightened with the addition of balsamic vinegar and golden raisins with a crunchy finish from toasted pine nuts.**

**Yield:** 12 servings (1 cup each)

<b>Ingredients</b>	<b>Weights</b>	<b>Measures</b>
Olive oil		1/4 cup
Yellow or white onions, sliced	2 pounds	2 quarts
Blanched broccoli florets	3 pounds	3 quarts
Kosher salt		1 tsp.
Red pepper flakes		1/2 tsp.
Golden raisins	8 ounces	1 cup
Balsamic vinegar		1/3 cup
Vegetable stock or water, hot		1/3 cup
Pine nuts, toasted	2-1/2 ounces	3/4 cup

**Method:**

In a rondo or large heavy skillet, heat oil over medium-high heat; add onions and toss to coat. Sauté onions until tender, about 8 to 10 minutes. Add broccoli, salt and red pepper flakes and toss to coat with onions and oil; heat through, about 2 minutes. Combine raisins, balsamic vinegar and hot stock or water and let stand 5 minutes. Add raisin vinegar mixture to onion broccoli mixture, cover and cook 3 to 4 minutes. Remove from heat and serve with a sprinkle of 1 tablespoon pine nuts on each serving.

Serve Broccoli, Onion and Pine Nut Stir-fry with grilled or roasted meat, poultry or game or as a topping for pasta or cooked grains.





*Onion and White Bean Sauté Gremolata*

**Onions and beans are happily married in this earthy side dish and tied together with a vinaigrette along with an herb and citrus gremolata.**

**Yield:** 12 servings (1 cup each)

<b>Ingredients</b>	<b>Weights</b>	<b>Measures</b>
Olive oil		3 Tbsp.
Yellow onion, thinly sliced	2 pounds	2 quarts
Red onion, sliced thin	1 pound	1 quart
Garlic, minced		1 Tbsp.
Canned white beans, drained	3 pounds	1-1/2 quarts
Sherry vinegar		1/4 cup
Olive oil		1 Tbsp.
Shaved or grated Parmesan		1/2 cup
<b>Gremolata</b>		
Chopped parsley (and/or thyme, marjoram, rosemary, chives)		1/2 cup
Lemon zest		1 Tbsp.
Cracked black pepper		1 tsp.

**Method:**

In a large sauté pan, heat oil. Add onions and sauté 10 minutes. Add garlic and continue to sauté 2 to 3 minutes. Add beans and vinegar and heat through while gently stirring often.

For Gremolata: Combine all ingredients.

Before serving, drizzle onion-bean mixture with olive oil and sprinkle with Gremolata and shaved Parmesan, if desired.

Serve Onion and White Bean Saute Gremolata with roasted or grilled meats, poultry, fish, or tossed with pasta or grains.





*Red Cabbage and Onions with Apples and Apricots*

**The lush flavor of braised onion works well with red cabbage accented by the sweetness of apple and apricot.**

**Yield:** 12 servings (1 cup each)

**Ingredients**

Canola oil

Yellow onions, thinly sliced

Red cabbage, shredded

Granny Smith apples, cored and medium dice

Chopped dried apricots

Kosher salt

Cracked black pepper

Vegetable broth

Caraway seeds, toasted

Chopped parsley

Orange zest

**Weights**

3 pounds

1 pound

1-1/2 pounds

12 ounces

**Measures**

3 Tbsp.

3 quarts

1-1/2 quarts

1 quart

2 cups

2 tsp.

1 tsp.

1 cup

2 Tbsp.

1/3 cup

2 Tbsp.

**Method:**

In a large sauté pan or rondo, heat oil. Add onions and stir well, coating with oil. Cook 8 to 10 minutes on medium-high heat. Add cabbage, apples, apricots, salt and pepper; cook 4 to 5 minutes. Add vegetable broth and caraway seeds. Stir to blend. Cover cabbage mixture and reduce heat to medium-low. Cook mixture an additional 10 to 12 minutes, stirring occasionally. Before serving, stir in parsley and orange zest and keep warm.

Serve Red Cabbage and Onions with Apples and Apricots as a side dish with braised, grilled or roasted meats, poultry or game.





## Wild Mushroom Onion Mélange

*The sweetness of caramelized onion and garlic compliment the earthy flavor of mushrooms in this classic dish that will go with anything.*

**Yield:** 12 servings (1/2 cup each)

<b>Ingredients</b>	<b>Weights</b>	<b>Measures</b>
Butter, unsalted		3 Tbsp.
Yellow onions, thinly sliced	2 pounds	2 quarts
Garlic, minced		3 Tbsp.
Cremini mushrooms, sliced	1 pound	1-1/2 quarts
Shiitaki mushrooms, stemmed and sliced	8 ounces	1 quart
Wild mushrooms, sliced	5 ounces	3 cups
Sherry		1/2 cup
Minced fresh herbs (thyme, parsley, chives, marjoram, etc.)		1 cup
Kosher salt		1-1/2 to 2 tsp.
Cracked black pepper		1 tsp.

### **Method:**

In a large skillet, heat butter over medium-high heat; add onions and cook 8 to 10 minutes until softened. Stir in garlic and continue to sauté 1 minute. Add mushrooms to the pan and sauté 8 to 10 minutes, stirring often, or until dry and starting to caramelize. Stir in sherry and cook until almost dry. Add herbs and adjust seasonings with salt and pepper.

Serve Wild Mushroom Onion Mélange as a side dish with grilled or roasted beef, pork, veal, poultry or game or as an accompaniment for pasta, polenta, grains, roasted vegetables, etc.





*Grilled Balsamic Onions with Blue Cheese Crumbles*

**Large, crunchy slices of onions, saturated with a balsamic glaze, are grilled and topped with melted blue cheese.**

**Yield:** 12 servings (1 serving = 2 onion slices + 2 Tbsp blue cheese)

<b>Ingredients</b>	<b>Weights</b>	<b>Measures</b>
Olive oil		1/3 cup
Balsamic vinegar		1/3 cup
Parsley leaves		1/4 cup
Dijon mustard		1 Tbsp.
Kosher salt and cracked pepper		To taste
Jumbo yellow onions	2 pounds	3 onions
Large red onions	2 pounds	3 onions
Food picks, soaked in water		24
Crumbled blue cheese	6 ounces	1-1/2 cups
Chives, chopped		1/4 cup

**Method:**

In a blender, combine olive oil, balsamic vinegar, parsley and Dijon mustard; process until smooth and slightly thick. Season with salt and pepper. (Yields approximately 1 cup.) Slice each onion into thick slices (approximately 1-inch thick) and spear each one with a food pick to secure rings in place. Lay skewered onion slices onto a sheet pan and brush liberally with balsamic dressing on both sides. Grill or broil onion 3 to 4 minutes per side or until onion slices are golden. Remove from heat. Keep warm.

For each serving, place 1 yellow and 1 red grilled onion slice on a sizzle platter. Sprinkle with 2 Tbsp crumbled blue cheese and run under the broiler until cheese is melted. Sprinkle with chives.

Serve Grilled Balsamic Onions with Blue Cheese Crumbles along side grilled, broiled, roasted or smoked steaks, lamb, game or poultry. Can also be a topper for a Caesar salad or risotto.





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**National Onion Association**

822 7th Street / Suite 510  
Greeley, CO 80631  
970.353.5895 / Fax 970.353.5897  
[www.onions-usa.org](http://www.onions-usa.org)

