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# ONIONS

*Signature Sandwiches - Layers of Flavor*

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SANDWICHES OF THE DAY

Chicken Cobb Club

WITH ONION BLEU CHEESE SPREAD

French Dip   
with Glazed Onions

GARDEN BREAKFAST FOCACCIA  


GRILLED VEGETABLE  
POCKETS

ONION WASABI TUNA BUN  
with pickled ginger  
onion relish

Uptown Grilled Cheese

▲▲ with Sweet Onion Jam ▲▲



*Today's sandwiches are no longer limited to cold cuts, cheese and a squirt of mustard. Instead, they are inspired with specialty breads and kicked-up condiments.*



*Onions are the most frequently listed vegetable on menus and one of their most popular uses is on sandwiches.\**

*While raw onion is often used on subs and hoagies, caramelized, grilled, roasted and pickled onion can create exciting signature sandwich toppings and spreads.*



*From roasted onion aioli to pickled ginger onion relish, onions add layers of flavor to the classics as well as globally inspired sandwiches.*



\*Source: Datassential MenuTrends  
Onion Study, July 2010



# CHICKEN COBB CLUB WITH ONION BLEU CHEESE SPREAD

*American Cobb salad meets traditional club sandwich, a perfect match.*

Yields: 12

INGREDIENTS	WEIGHTS	MEASURES
Potato bread slices, toasted		36 slices
Onion Bleu Cheese Spread (see recipe on page 15)		2 cups
Romaine lettuce, shredded	6 ounces	3 cups
Grilled or roasted chicken breast, thinly sliced	2 pounds	24 slices
Red onion, thinly sliced	12 ounces	24 slices
Prosciutto slices, baked until crisp	4 ounces	12 slices
Avocado, sliced		4 large
Tomatoes, sliced	1-1/2 pounds	24 slices
Food picks		24

## METHOD

Lay out 12 slices of toasted bread. Spread each slice with 1 tablespoon Onion Bleu Cheese Spread. Top each piece of bread with 1/4 cup lettuce, 2 ounces sliced chicken and 2 red onion slices.

Put 1 tablespoon spread on 12 more slices of toasted bread. Place bread on top of onion and top with 1 Prosciutto slice, 3 to 4 avocado slices and 2 tomato slices. On the third slice of toasted bread, apply 1 tablespoon spread and place over each sandwich. Place two food picks into each sandwich to secure, then cut in half.



**Tip**

*Not in the mood for a good cry? To reduce tearing, chill onions for about 30 minutes before cutting and use a sharp knife.*



# FRENCH DIP WITH GLAZED ONIONS

*Classic French dip with a flavorful twist – tangy glazed onions.*

Yields: 12

INGREDIENTS	WEIGHTS	MEASURES
Yellow Onion, minced	5 ounces	1 cup
Beef broth		3 cups
French rolls, 8 to 10-inches		12
Horseradish Dijon-style mustard		1/2 cup
Sliced roast beef	2 pounds 4 ounces	
Glazed Onions (see recipe below), heated		3 cups
Emmental cheese, grated	12 ounces	3 cups
<i>Glazed Onions</i> (yields 3 cups)		
Butter, unsalted		2 tablespoons
Canola oil		2 tablespoons
Yellow Onions, sliced	3 pounds 2 ounces	
Onions, precooked from above		1 cup
Sherry vinegar		1/3 cup

## METHOD

In a sauce pan, combine minced onions and beef broth. Simmer 6 to 8 minutes. Turn off heat and let onions steep at least 1 hour. Drain and hold liquid; reserving 1 cup minced onions for Glazed Onions recipe. Keep jus warm.

Split each roll lengthwise and spread with 2 teaspoons mustard. Fill each roll with 3 ounces roast beef, 1/4 cup Glazed Onions and 1/4 cup cheese. Cover and refrigerate until ready to heat and serve.

**To Serve:** Place filled sandwich in a Panini maker for 4 to 5 minutes or heat in 400 degree oven for 8 to 10 minutes or until heated through and cheese melts. Serve each sandwich with 1/4 cup onion jus.

**For Glazed Onions:** In a sauté pan, heat butter and oil over medium-high heat; add uncooked and precooked onions stirring often for 8 to 10 minutes or until golden and glazed. Add vinegar and continue to cook 4 to 5 minutes until reduced and almost dry. Remove from heat and cool. Place in a covered container and refrigerate until ready to use.

**Tip**

*Yellow onions are the all-purpose choice for cooking – perfect for sautéing, caramelizing and roasting.*





## GARDEN BREAKFAST FOCACCIA

*Wake up to this colorful garden breakfast sandwich with savory roasted onion aioli.*

Yields: 12

INGREDIENTS	WEIGHTS	MEASURES
Focaccia squares		12 6 x 6 - inch squares
Roasted Onion Aioli (see recipe on page 15)		3/4 cup
Herbed goat cheese	12 ounces	1-1/2 cups
Cucumber, thinly sliced	1-1/2 pounds	36 slices
Red onion, thinly sliced	15 ounces	24 slices
Carrots, shredded	9 ounces	3 quarts
Red bell peppers, julienned	1-1/2 pounds	3 quarts
Canola oil		2 tablespoons
Egg, fried, scrambled or hard boiled		12

### METHOD

Split focaccia squares and spread the inside of each top half with 1 tablespoon Roasted Onion Aioli. Spread the inside of each bottom half with 1 ounce herbed goat cheese. Place 6 cucumber slices, 2 red onion slices, 1/4 cup carrot, 1/4 cup red peppers and the equivalent of one egg on the bottom of each bun. Place remaining half of focaccia on top and press firmly to secure.



**Tip**

*Red onions vary in flavor seasonally from crisp and mild to spicy and peppery.*



## GRILLED VEGETABLE POCKET

*Grilled vegetables with roasted lemon slices and arugula fold perfectly into naan bread. Who said sandwiches need ham?*

Yields: 12

INGREDIENTS	WEIGHTS	MEASURES
White onions, cut into 1/2-inch thick slices	1 pound 4 ounces	24 slices
Olive oil		as needed
Salt and ground black pepper		to taste
Naan bread, grilled		12 pieces
Roasted Onion Aioli (see recipe on page 15)		1-1/2 cups
Arugula	6 ounces	1-1/2 quarts
Mixed vegetables, sliced, grilled (red bell pepper, zucchini and yellow squash)		3 quarts
Roasted Lemon Slices (recipe follows)		36 slices
<i>Roasted Lemon Slices</i> (yields 36 slices)		
Lemons, thinly sliced, seeded		3 large
Olive oil		2 Tablespoons
Sea salt and cracked black pepper		to taste

### METHOD

Brush onion slices with olive oil and sprinkle with salt and pepper. Secure with food picks to keep rings together. Grill or broil onions until tender and slightly charred. Remove from heat and cool to room temperature. Hold until ready to use.

**For Roasted Lemon Slices:** Place sprayed parchment paper on a baking sheet. In a bowl, combine lemon slices, oil, salt and pepper. Lay slices on parchment paper. Bake in a 350 degree oven for approximately 10 minutes. Turn and continue roasting for 10 to 15 minutes or until the lemons become limp and start to caramelize. Remove from heat and cool. Place in a covered container and refrigerate until ready to use.

**To Serve:** Spread each piece of naan with 2 tablespoons Roasted Onion Aioli, then 1/2 cup arugula, 1 cup grilled vegetables and 2 slices of grilled onion on each naan. Top with 3 Roasted Lemon Slices; fold and serve.

**Tip**

*White onions offer a contrast in color as well as a sweeter flavor when grilled.*



## ONION WASABI TUNA BUN WITH PICKLED GINGER ONION RELISH

*Global flavors of wasabi and pickled ginger onion relish energize this tuna sandwich.*

Yields: 12

INGREDIENTS	WEIGHTS	MEASURES
Brioche buns or egg rolls, split, griddled		12
Onion Wasabi Aioli (see recipe on page 17)		1-1/2 cups
Cucumber, seedless, thinly sliced		60 slices
Tuna steaks, 1-inch-thick, grilled	2-1/4 pounds	12 3-ounce portions
Pickled Ginger Onion Relish (see recipe on page 17)		3 cups

### METHOD

Spread the inside of each toasted bun half with 1 tablespoon of Onion Wasabi Aioli. Place 5 thin slices of cucumber on the bottom half of each bun. Top cucumber with portion of grilled tuna and mound 1/4 cup Pickled Ginger Onion Relish onto tuna. Cover each sandwich with the remaining half of the bun.



**Tip**

Soak onion slices in ice water to keep fresh and crisp. This also will lessen the pungency.



## UPTOWN GRILLED CHEESE WITH SWEET ONION JAM

*Goopy Gruyere cheese blends with tangy mustard and sweet onion jam on grilled sourdough. Not exactly your Grandma's grilled cheese.*

Yields: 12

INGREDIENTS	WEIGHTS	MEASURES
Sourdough bread, 8-inch slices		24 slices
Dijon-style mustard		1/2 cup
Gruyere cheese, thinly sliced	3 pounds	48 slices
Sweet Onion Jam (see recipe on page 15)		3 cups
Butter		as needed
Smoked ham or bacon (optional)		12 slices

### METHOD

Lay out 12 slices of bread. Spread each slice with 2 teaspoons mustard. Top each piece of bread with 1 slice of ham, 2 slices of cheese and 1/4 cup Sweet Onion Jam. Place remaining cheese on top of jam. Top with remaining slices of bread. Cover and refrigerate until ready to grill.

To grill, spread a thin layer of butter on the top and bottom slices of bread. Grill both sides weighted or place in a panini maker and cook until golden brown and cheese is melted.



**Tip**

Sharp Cheddar with a nutty, complex flavor can be used in place of the Gruyere cheese.





## ONION BLEU CHEESE SPREAD

Yields: 2+ cups

In a bowl, mix 1 cup Roasted Onions (see recipe on page 17), 3/4 cup mayonnaise, 1/2 cup finely crumbled bleu cheese, 2 tablespoons minced fresh parsley and 1 tablespoon of lemon juice. Place in a covered container and refrigerate at least 2 hours before using.

## SWEET ONION JAM

Yields: Approximately 3 cups

In a sauce pan, heat 2 to 3 tablespoons of canola oil or butter over medium-high heat; add 1-1/2 quarts medium diced yellow onions and sauté 5 to 6 minutes or until transparent. Add 1/2 cup brown sugar, 1/2 cup cider or balsamic vinegar and 1/2 cup golden raisins or dried cranberries/cherries. Cook 14 to 15 minutes or until glazed and sticky. Remove from heat and cool. Cover and refrigerate until ready to use.

## ROASTED ONION AIOLI

Yields: 1-1/2 cups

In a bowl, mix 1 cup Roasted Onions (see recipe on page 17), 3/4 cup mayonnaise, 1/2 cup finely crumbled bleu cheese, 2 tablespoons minced fresh parsley and 1 tablespoon of lemon juice. Place in a covered container and refrigerate at least 2 hours before using.



## ONION WASABI AIOLI

Yields: 1-1/2 cups

In a bowl, mix 3/4 cup mayonnaise, 1 cup Roasted Onions (see recipe on page 17), 2 teaspoons roasted and mashed garlic, 1 tablespoon Wasabi paste and 1 tablespoon reduced-sodium soy sauce. Place in a covered container and refrigerate at least 2 hours before using.

## PICKLED GINGER ONION RELISH

Yields: 3 cups

In a sauce pan, heat 2 to 3 tablespoons of canola oil or butter over medium-high. Place approximately 3 cups of red onion sliced into 1/8-inch slivers into a bowl and cover with icy water for at least 10 minutes. Drain when ready to use. In a saucepan, heat 3/4 cup rice wine vinegar, 2 tablespoons honey, 1 teaspoon sea salt and 1/8 teaspoon ground red pepper over low heat just until boiling. Remove from heat. Pour over drained onions and mix well. Stir in 1/2 cup pickled ginger with juices and mix. Cover and cool to room temperature, stirring occasionally. Place in a covered container and refrigerate at least 24 hours before using.

## ROASTED ONIONS

Yields: 1 cup

In a bowl, combine 3 cups rough chopped yellow onions, 2 tablespoons olive oil and salt and pepper; mix well. Transfer to a sheet pan and roast in a 400 degree oven for 35 to 40 minutes, stirring occasionally, or until golden and tender. Cool and finely chop. Cover and refrigerate until ready to use.



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