

Onions & Scallions

Nothing makes a home more inviting than the smell of sautéing onions. Year round, onions can lend warmth and spunk to breads, soups, and salads. Scallions, also called green onions, can range from sweet to spicy, but in general their flavor is milder than a full-grown onion's.

STORAGE

Keep sweet mild onions in a plastic bag in the refrigerator for a week or two, but beware the fatal moisture accumulation that causes them to spoil. Keep red and yellow storage onions in any cool, dark, dry place for several months if they have been cured. Store scallions unwashed in a plastic bag in the refrigerator for up to a week.

Onion or Scallion and Orange Salsa

This salsa is fantastic on anything grilled, or as an addition to a salad plate, over lettuce, or over cottage cheese. The milder scallion version is fantastic on lettuce or endive cups with a salty and creamy cheese such as soft feta, chèvre, or blue. *Friend of the Farm*.

Makes 2 cups

1/2 cup minced scallions or onions
(about 3 scallions or 1 medium onion)
2 large or 3–4 medium oranges peeled, seeds removed, diced
2 tablespoons chopped fresh cilantro
1 1/2 tablespoons finely chopped chile
pepper (or more or less, to taste)
1/4 teaspoon ground cumin

1. Put the chopped scallion or onion in a strainer and run under cold water. Drain well.
2. Stir all the ingredients in a medium bowl. Serve immediately or cover and refrigerate for up to 1 day.

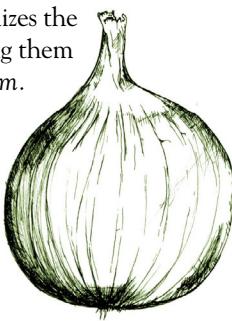
Grilled Scallions with Sesame Oil

The intense heat of the grill or broiler caramelizes the natural sugars in scallions as they cook, making them exquisitely sweet and tender. *Friend of the Farm*.

Serves 2

8 scallions, greens trimmed to 5 inches,
cut in half lengthwise
toasted sesame oil
salt
freshly ground black pepper

1. Preheat the broiler or lightly oiled grill to medium-high heat. Arrange the scallions on a shallow baking sheet or aluminum foil.
2. Use a pastry brush to coat the scallions with a thin layer of sesame oil. Season with salt and pepper. Broil or grill until golden brown on all sides, 3 to 5 minutes.



HANDLING

Rinse raw chopped or sliced onions in water before use, as this takes away the unpleasant bite. Rinse scallions in cold water and snip off anything floppy.

Spicy Onions and Bell Peppers in Yogurt Sauce over Corn Bread

The key to the creamy sauce in this recipe is yogurt. Whole-grain bread works well in place of the corn bread and that nondairy yogurt can be substituted. The sauce also goes well with curried basmati rice. *Angelic Organics Kitchen* (adapted from *The Moosewood Cookbook*). Serves 4

1 loaf corn bread
2 tablespoons extra virgin olive oil or butter
2 cups thinly sliced onion (about 3 medium onions)
1/2 teaspoon salt
3 medium bell peppers, stems and seeds removed, thinly sliced
1/2 teaspoon ground cumin
freshly ground black pepper
cayenne pepper (or less, to taste)
3 cloves garlic, minced (about 1 1/2 teaspoons)
1/2–3/4 cup yogurt

1. Set the oven to its warm setting or preheat it to 200° F. Wrap the corn bread in aluminum foil and place it in the oven to warm.
2. Heat the oil or butter in a large skillet over medium heat. Add the onion and salt; cook, stirring frequently, until the onion is very soft and just beginning to brown, 10 to 15 minutes.
3. Add the bell peppers, cumin, and black pepper and cayenne to taste. Cook until the bell peppers are tender, about 10 minutes. Add the chopped garlic and cook until fragrant, 1 minute more.
4. Remove the skillet from heat. Stir in 1/2 cup of the yogurt. If you would like a creamier sauce, add the rest of the yogurt.
5. Tear the warm bread into chunks and place it on individual plates. Spoon the onion sauce over the bread. Serve immediately.

Exotic Equipment Trip

We headed up into Michigan to get a couple of bunch washers for cleaning scallions. It was an eighteen-hour round trip in our big delivery truck to bring back these two little devices that look like push brooms hooked to an electric motor. Let's hope they were worth the trip. Sometimes these exotic pieces of vegetable equipment make an enormous difference to the operation. Sometimes they bomb.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

