

SPRING ONIONS

INFO SHEET



SPRING ONIONS 101



We grow two kinds of spring onions: white with green tops and purple with green tops, which may have a bulb formed at the base. Spring onions have a milder flavour than other onions.

How to store:

There are two ways to store spring onions, either place in a container in the fridge, or stand the spring onions in a few cm of water in a tall container and leave on your bench, (or cover loosely with a bag and place in the refrigerator), remember to refresh the water every day or two.

Best Uses:

Stir fry	Pickled
Grilled	Omelette or scrambled eggs
Garnish a salad	Salad dressing
Scallion Pancakes	Quiche or Frittata
Tomato Salad	Sushi
Casserole	Fried Rice
Sandwiches	Dip
Salsa	Cold Noodle Salad
Corn bread or scones	Grain Salad

Preparing:

Pull the outer layer of skin off and cut the spring onion roots off at the base. Also trim the green tops where they discolour or are damaged. Use the white portion and the green section that is light-colored and tender.

How to Freeze:

Use the flash freeze method. Chop the spring onions to desired size. Place them into a resealable freezer bag and freeze. You can also chop the green tops into 2cm sections and freeze those separately. They are great for Asian soups and stir-fries.



SPRING ONION RECIPIES:

Spring Onion Jalapeno Cornbread

Adapted from Bon Appetit, 2004

Ingredients:

3/4 cup all purpose flour

3/4 cup yellow cornmeal

1/4 cup sugar

1 1/2 teaspoons salt

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1/2 cup thinly sliced spring onions

1-2 teaspoons minced jalapeño chili with seeds

1 1/4 cups buttermilk

2 large eggs

1/4 cup (1/2 stick) unsalted butter, melted, cooled

Directions:

Preheat oven to 180°C. Butter 30cm x 20cm metal baking pan. Whisk flour, cornmeal, sugar, salt, baking powder, and baking soda in large bowl to blend. Stir in spring onions and jalapeño. Whisk buttermilk and eggs in medium bowl to blend, then whisk in melted butter.

Add buttermilk mixture to dry ingredients and stir just until blended (do not overmix).

Transfer batter to prepared pan and bake cornbread until lightly browned on top and tester inserted into center comes out clean, about 25 minutes. Transfer pan to rack and cool cornbread completely in pan. (Cornbread can be prepared 1 day ahead. Cover tightly with foil and store at room temperature.)



KIA MANAHAU!
MICHELLE BUSBY



SPRING ONION RECIPES:



Grilled Spring Onions

Adapted from Mark Bittman

Ingredients:

2 bunches spring onions, trimmed, with a lot of greens still attached

3 Tbsp extra virgin olive oil

salt and pepper

2 limes, 1 halved, 1 quartered

chopped fresh coriander for garnish

Directions:

Heat grill to moderately high heat (can also be done on BBQ) and put the rack about 4 inches from the heat source.

Brush or rub the scallions with oil until well coated. Grill, turning once or twice, until deeply colored and tender, 5-10 minutes. Transfer to plate, sprinkle with salt and pepper, and squeeze juice of the lime halves over them. Serve with garnished coriander hot or at room temp.

Roasted Scallions, Mediterranean-Style:

Heat the oven to 200°C. Use lemons instead of limes and parsley instead of cilantro. After rubbing the scallions with oil, spread them out on a rimmed baking sheet and roast, turning once or twice, until lightly browned and tender, about 20 minutes.

Roasted Scallions, Asian-Style:

Great for sushi bowls or to garnish noodle and rice dishes. Heat the oven to 200°C. Instead of the olive oil, use a combo of 1 Tbsp peanut oil and 1 Tbsp sesame oil; use 3 Tbsp rice vinegar instead of the limes. After rubbing the scallions with oil, spread them out on a rimmed baking sheet and roast, turning once or twice, until lightly browned and tender, about 20 minutes.

SPRING ONION RECIPES:



Orecchiette with Sautéed Greens and Spring Onion Sauce

Adapted from FoodandWine.com

Ingredients:

340g orecchiette pasta

4 Tbsp unsalted butter

1 bunch of spring onions, thinly sliced

3-4 garlic cloves, thinly sliced

3/4 cup dry white wine

Salt and freshly ground pepper

2 Tbsp extra-virgin olive oil

100g of rocket

6 large chard leaves, stems and central ribs discarded, leaves coarsely chopped

1/4 cup mascarpone cheese

Directions:

In a large pot of boiling salted water, cook the orecchiette until al dente. Drain, reserving 1/4 cup of the cooking water.

Meanwhile, in a medium saucepan, melt the butter. Add the sliced spring onions and garlic and cook over low heat until softened, about 5 minutes. Add the white wine and cook over moderate heat until reduced by half, about 5 minutes. Add 1/2 cup of water and puree the mixture in a blender until smooth. Season the scallion sauce with salt and pepper.

Wipe out the pasta pot and heat the olive oil in it. Add the rocket and Swiss chard; cook over high heat until wilted, 3-5 minutes. Add the pasta, spring onion sauce and the reserved pasta cooking water and simmer, tossing and stirring, until the sauce is thick, about 3 minutes. Stir in the mascarpone, season the pasta with salt and pepper and serve.

SPRING ONION RECIPES:



Pickled Spring Onions

Adapted from www.theeasyhomestead.com

Ingredients:

3 Cups Water

1.5 Cups White Vinegar

1.5 Tablespoons of Salt

20-30 Spring Onions (4-5 bunches)

1/2 teaspoon Whole Black Peppercorns

1/2 teaspoon Mustard Seeds

1/2 - 1 teaspoon Dried Dill (depending on taste)

1/2 teaspoon Chilli Powder (or flakes) (optional)

Directions:

Heat water, vinegar, and salt in medium saucepan over med-low heat until all salt is dissolved. Set aside and let cool until ready to use.

While water, vinegar, and salt are coming to a boil cut the ends off of the spring onions.

Cut the tops off of the spring onions right where it starts to look like a 'fork in the road.' Save these for another recipe.

Add peppercorns, mustard seeds, dried dill, and chilli pepper (optional) to a 1 quart mason jar. Stuff the cut onions into the jar. Pack them in tight.

Pour liquid from the saucepan over the onions. Leave about 1 inch headspace. Liquid should still be a little hot/warm. You want this so it cooks the onions a bit. Let cool to room temperature. Put a lid on it and stick it in the fridge. Pickles will be ready in 12 hours but the best flavor is 3-7 days!

* If you like it hot add crushed red pepper.

* If you like to taste a lot of dill then add 1 teaspoon. Little dill 1/2 teaspoon.

*Stays good for up to one month in the fridge.

SPRING ONION RECIPES:



Baked Potato Soup With Bacon, Cheese and Spring Onions

Adapted from www.TheKitchn.com

Makes 10-12 servings

Ingredients:

200g butter

1 cup all-purpose flour

8 cups whole milk

5 large potatoes, baked and cubed (peeled, if desired)

500g bacon, cooked and crumbled

3 cups grated cheese

2 cups sour cream

1 bunch green onions, thinly sliced

1 tablespoon kosher salt

1 tablespoon ground black pepper

2 clove garlic, minced (optional)

1/4 cup grated Parmesan cheese (optional)

Directions:

Melt the butter in the bottom of a large pot over medium-high heat. Add flour and whisk to combine until thickened. Whisking continuously, slowly pour in the milk and whisk until mixture is smooth. Be sure to get the corners of the pan.

Add all of the remaining ingredients and lower the heat to medium. Stir occasionally until the cheese is melted and the soup is warmed through.

SPRING ONION RECIPES:



Spring Onion Pancakes with Spicy Soy Dipping Sauce

Adapted from The CSA Cookbook by Linda Ly

Makes 4 servings

Ingredients:

For the Dipping Sauce:

1/4 cup soy sauce

2 Tbsp rice vinegar

1 tsp sugar

1 tsp toasted sesame seeds

1/2 serrano pepper, thinly sliced

For the pancakes:

2 cups all-purpose flour

1 1/2 tsp kosher salt

2 cups cold water

1/4 cup neutral oil, divided

1 bunch of spring onions (reserve 1 for dipping sauce)

Directions:

Make the dipping sauce: combine all ingredients in a small bowl. Thinly slice 1 full stem of spring onion and stir into sauce. Set aside.

Finely chop the green tops of the spring onions and white parts.

Combine flour and salt in medium bowl. Whisk in the water until the batter is well blended and free of lumps.

Heat a medium skillet over medium heat, and coat the surface evenly with 1 T. of the oil.

Spread 1/4 of the scallions across the hot skillet in a single layer, then pour 1 cup of the batter evenly over the onions. (It can be a free-form shape).

Fry until the edges of the pancake start to crisp and the bottom is golden brown, about 4 minutes. Gently flip the pancake and fry the other side until cooked through, about 2 minutes. Transfer to serving dish and cover, then repeat with 3 remaining batches. Serve warm with dipping sauce.