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Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

ONION RECIPES

Onion Soup

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| 6 medium-sized onions,
chopped fine | 4 tablespoons flour |
| 2 tablespoons fat | 4 tablespoons cold water |
| 1 pint boiling water | Salt and pepper to taste |
| 1 quart meat broth | Toast |
| | Cheese, finely grated |

Cook the chopped onions in the fat until yellow, add to hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, stir into the soup and boil for a few minutes. Add the salt and pepper. Pour the soup into bowls, place on top a slice of toasted bread, sprinkle with cheese, and serve at once.

Buttered Onions

Creamed Onions

Skin the onions and if very large size cut in half. Cover with lightly salted boiling water and simmer. To prevent strong flavor and dark color, do not cover and do not overcook. Drain and season to taste with salt, pepper, melted butter, and chopped parsley if desired.

For creamed onions after draining pour over the cooked onions a white sauce of medium thickness and sprinkle with paprika.

Onions au Gratin

Combine cooked onions with white sauce, with grated cheese added if desired. Cover with buttered bread crumbs, and brown in moderate oven. This is an excellent way to use cooked onions in combination with other vegetables left over in quantities too small to serve alone.

Stuffed Onions

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| 5 or 6 large onions | 2 cups bread crumbs |
| 3 tablespoons fat | 1 teaspoon salt |
| 1/2 cup chopped celery | Pepper |
| 2 tablespoons chopped parsley | |

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Cook the celery and parsley in the fat for a few minutes, then add the bread crumbs, salt, pepper, and chopped onion. Fill the onion shells with this stuffing, and bake in a moderate oven for about 30 minutes, or until the onions are tender.

For a more hearty dish, chopped cooked meat or fish or baked beans may be used in the stuffing in place of most of the bread crumbs.

French Fried Onions

6 or 8 medium sized onions	1 egg
1 cup flour	1/4 teaspoon salt
1 cup milk	Cooking fat

Skin the onions, slice very thin, separate into rings, dip into a batter made from the flour, milk, egg, and salt, and drain well. Have ready a kettle of fat hot enough to brown a small piece of bread in 60 seconds. Put the onions in a wire basket, lower into the hot fat, fry until the onions are golden brown, drain on absorbent paper, sprinkle with salt, and keep hot until served.

Fried Onions and Apples

3 tablespoons fat	1/4 teaspoon salt
1 quart sliced tart apples	1 tablespoon sugar
1 pint sliced onions	

Melt the fat in a heavy skillet, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the salt and sugar over the apples and onions, and continue the cooking until they are lightly browned. Serve at once.

Stewed or Scalloped Onions and Tomatoes

Combine sliced onions with canned tomatoes for stewing or scalloping. Dry bread toasted is especially good in the scalloped dish with small pieces of crisply fried salt pork or bacon for seasoning.

Scalloped Onions and Peanuts

6 medium-sized onions	1 cup milk
1 cup peanuts, ground	1/2 teaspoon salt
1 tablespoon melted fat	1 cup buttered bread crumbs
1 tablespoon flour	

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish.

Hot Meat and Onion Sandwich

Cook 1 pint of sliced onions until tender in about 3 cups of meat broth or water. Thicken slightly with flour mixed with cold water, and cook several minutes longer. Stir in 1 pint of cut-up left-over or canned meat and heat thoroughly. Season to taste with salt and pepper, and add if desired celery seed, or celery tops (fresh or dried), or parsley, or tomato catsup, or chili sauce. Use as the filling for hot sandwiches with bread or hot biscuit with plenty of the gravy poured over the top.

Smothered Steak with Onions

If the steak is a very lean porterhouse or sirloin, brown it on both sides in a little suet; then remove from the pan. Brown 1 to 1-1/2 quarts of sliced onions in the same pan. Then put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

If the steak is from the round, rump, or chuck, pound flour into it first cut it into serving pieces, brown it in fat, add water to cover, and cook slowly for 1-1/2 to 2 hours, or until the meat is tender enough to cut with a fork. Add the sliced onions during the last half hour of cooking, and season with salt and pepper.

Onion Rings with Hamburg or Sausage

Slice large onions about one-half inch thick, and place in a shallow baking dish. Season with salt, pepper, and melted fat. Add one or two tablespoons of water, cover, and bake for 20 to 30 minutes, or until tender. Serve with a cake of hamburger or sausage on top of each slice of onion.

Onion Sauce for Boiled Rice or Potatoes

Cook a cup of chopped or finely sliced onions in 2 to 3 tablespoons of fat until they turn yellow. Add 2 to 3 tablespoons of flour and stir until blended then gradually add a pint of cold milk. Stir and cook until smooth and thickened. Season to taste with salt and pepper. Just before serving add chopped parsley or celery tops.

Onions in Salads

- With Apple.
- With cottage cheese.
- With cabbage.
- With tomatoes or cucumber.
- With sliced orange or grapefruit.

Onions in Sandwiches

- With peanut butter.
- With bacon.
- With egg.
- With salmon.
- With chopped meat.
- With catsup or chili sauce.

Spring Onions on Toast

Allow six or seven finger-sized onions for each serving. Trim off the green tops, cook the onions until tender in lightly salted boiling water in an uncovered pan. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter. In the meantime toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.

