

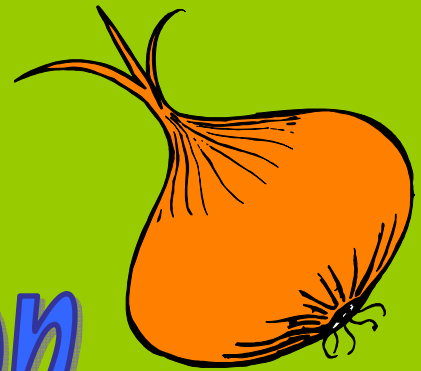
XCentric Ideas



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Recipes & photos
from the Internet,
magazines & recipe books

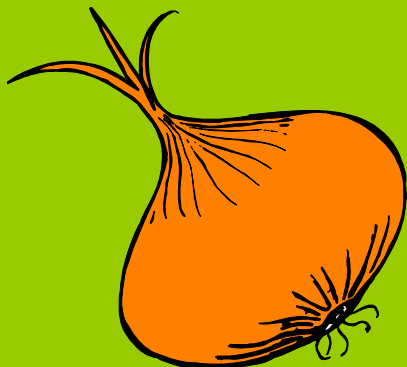
The Onion



Mostly the beginning of a dish or part thereof.
Rarely the main ingredient ...

"I will not move my army without onions!"

"It's hard to imagine civilization without onions."



"Life is like an onion.
You peel it off one layer at a time;
And sometimes you weep."

Onion o-la-la

French Onion Soup

8 onions, sliced
2 cloves garlic, minced
1/3 cup olive oil
2 tablespoons all-purpose flour
8 cups beef stock
1/4 cup dry white wine
1/2 teaspoon dried thyme
1 bay leaf
Salt and pepper
1 loaf French bread
2 cups grated Gruyere cheese



www.frenchonionsoup.net

Sauté onions and garlic in oil over low heat until tender and golden yellow. Sprinkle flour over onions, cook a few minutes more, browning the flour well.

Add stock and wine and bring to a boil, add thyme and bay leaf. Reduce heat, cover, and simmer gently for 20 minutes or so. Add salt and pepper, to taste.

Meanwhile, slice French bread into slices and butter both sides. Toast slices on griddle until golden brown. Ladle soup into an ovenproof bowl, add toasted bread and cover with cheese.

Place ovenproof bowl on a baking sheet lined with tin foil. Bake at 175oC till cheese is melted - or 5 minutes under a hot broiler.



Cup-Onion



Onion Muffins

1 ½ cups flour
1 ½ tsp baking powder
½ tsp salt
2 eggs
½ cup finely chopped onions
½ cup butter, melted



Mix dry ingredients in bowl. In another bowl, beat eggs, onion, and butter. Stir into dry ingredients just until moistened.

Fill muffin cups 3/4 full. Bake at 400°F for 25 minutes.

Serve as a side dish to casseroles and meats.



Smelly Onion

Blue Cheese and Onion Flan

2 tbsp olive oil
1 kg red onions, very thinly sliced
1 tsp soft brown sugar
2 cups of flour
100 g cold butter, cubed
180 ml cup cream
3 eggs
100 g blue cheese, crumbled
1 tsp freshly chopped lemon thyme or thyme



Heat oil in heavy pan over low heat, add onions & brown sugar, cook, stir regularly, for 45 min till onion is soft and lightly golden.

Process the flour and butter in food processor for 15 sec. Add 1-2 tbsp of ice water and process in short bursts till mixture comes together. Turn out onto a floured surface and gather into a ball.

Cover with plastic wrap and refrigerate for 10 min. Preheat oven to 180 o C. Roll out the pastry thinly on lightly floured surface to fit a greased 22 cm round loose-based flan tin. Trim any excess pastry.

Chill for 10 min. Line the flan tin with crumpled baking paper and fill with baking beads or rice. Put on baking tray, bake for 10 min.

Remove paper and beads or rice, then bake the pastry for 10 min or until golden brown, dry to touch.

Cool, then gently spread the onion over the base of the pastry shell. Whisk together the cream, eggs, blue cheese, thyme. Pepper to taste. Pour into pastry shell and bake for 35 min at 180 oC or until firm.

Eggy Onion

Cheesy Eggy Onions

500 g onions
30 ml butter/margarine
Salt and pepper to taste
4 hard-boiled eggs

Sauce

250 ml milk
25 ml Maizena
5 ml mustard powder
2 ml salt
Bit of pepper
250 ml grated mature Cheddar cheese
2 slices toast



Gewilde Groentegeregte – Annette Human

Peel and slice the onions thinly. Melt the butter/margarine in a frying pan with a lid. Add the onions, put on the lid and simmer for 10-15 min on low heat till golden brown. Stir occasionally. Season with salt and pepper and spoon in big rectangular oven dish. Keep warm.

Shell the eggs and half lengthwise. Arrange on the onions.

Mix the milk, Maizena, mustard powder, salt and pepper in saucepan. Stir continuously, heat till boiling point and boil for 1 minute. Take the sauce from the stove, add 2 thirds of the cheese. Stir.

Spoon the sauce over the dish. Sprinkle the remaining cheese on top. Grill the dish in the oven till the cheese bubble.

Cut the toast in triangles and arrange it along the side of the dish. Serve immediately.

Tarty Onion

Onion Tart

Crust

250ml cake flour
10 ml baking powder
5 ml white sugar
2 ml salt
100 ml cold butter/margarine
62.5 ml cream or ideal milk

Filling

8 medium onions
30 ml butter/margarine
Salt and pepper to taste
125 ml cream or ideal milk
1 egg
Grated Cheddar cheese



Gewilde Groentegeregte – Annette Human

Sift the flour, baking powder, sugar and salt together. Rub the butter/margarine in it. Add the cream/ideal milk and mix to dough. Cover and let it 'rest' for a while.

Peel and chop the onions roughly. Simmer in butter/margarine till soft and flavour with salt and pepper. Let it cool.

Line the bottom and sides of a pie dish with the dough and neaten the edges. Spoon the onions on the crust. Beat the cream/ideal milk and egg together and pour over the onions. Sprinkle some cheese on top.

Bake at 200 oC for \pm 20 minutes in a preheated oven. Serve warm.

Flaky Onion

Onion and Cheese Pastry

400g ready dough pastry
4 onions, peeled, sliced
5 ml freshly ground black pepper
2 eggs, beaten

30 ml margarine
5 ml salt
5 ml mixed, dried herbs
75 ml grated Cheddar cheese

Roll out the pastry. Place on lightly floured baking tray.

Melt the margarine. Add the onions, salt, pepper and herbs. Put the lid on and simmer slowly for 25 minutes.

Remove the onions from the heat. Add the eggs and cheese. Let the mixture cool off.

Spoon the onion mixture down the centre of the pastry. Roll up and seal at the edges with water. Bake at 180 oC for 20-30 minutes. Serve with mustard.



Creamy Onion

Onions baked with Rosemary and Cream

6 medium yellow onions, with peel
2 cups chicken stock
1 tbsp extra-virgin olive oil
salt and pepper to taste
3 sprigs fresh rosemary, chopped
½ cup heavy cream

Preheat the oven to 220 o C. Slice about 1/4 inch off of the tops and bottoms of the onions.

Cut in half crosswise leaving the skin on, and arrange cut side up in a shallow baking dish. Pour the chicken stock over and around the onion halves, then drizzle with olive oil. Season liberally with salt, pepper and rosemary. Place on top of a cookie sheet to catch any splatters that may occur.

Bake uncovered for 1 hour in the preheated oven, or until onion is easily pierced with a knife and liquid has reduced by 1/2. Remove the dish from the oven, and pour the cream over the onions. Return to the oven, and continue to bake uncovered until the pan juices have thickened slightly and onions are browned, up to 30 minutes.



Drunk Onion

Beer / Cola Onions

These onions are filled with beer, giving them a unique flavour. You can use cola instead of beer if you would prefer a sweeter flavour or don't want to use alcohol.

1 medium to large onion per person
1 tbsp of butter per onion
beer of your choice
tinfoil

Peel onion, leaving most of the bottom intact. You are just trying to provide a flat area for placement on the grill.

Carve a hole into the onion without piercing the bottom. Place butter in hole and fill with beer.

Wrap with tinfoil and place on grill. Cook until tender.



Condensed Onion

Easy Onion Salad

500-750 g peeled baby onions
5 ml mustard powder
100 ml white vinegar

100 ml condensed milk
100 ml tomato sauce

Boil the onions in salty water till soft and drain. Let it cool.

Mix the condensed milk and mustard powder. Add the tomato sauce and vinegar and beat thoroughly.

Spoon the onions in a salad bowl and add the sauce.



Sticky Onion

Caramelised Onions with Blackberry Glaze

1 kg baby onions

30 ml olive oil

30 ml sugar

1 bay leaf

Seasoned sea-salt

boiling water

30 ml tomato pesto or –paste

45 ml balsamic vinegar

60 ml blackberry jam

30 ml freshly chopped parsley

Cut off the onions' ends, cover with boiling water and let it stand for 1-2 minutes. Drain, wash with cold water and peel.

Heat oil in big frying pan and add the onions. Add the rest of the ingredients, except the parsley.

Add 125 ml water. Heat till boiling point, reduce the heat and cover.

Simmer slowly for 25-30 minutes and shake the pan occasionally. Serve hot or cold with sprinkled parsley.

Perfect with cold or barbecued meat. Can be refrigerated for 3-4 days.



Fruity Onion

Apricot and Red Onion Chutney

2 large red onions, quartered and sliced
3 garlic cloves, minced
1 cup dried apricots
1 tablespoon olive oil
1 cinnamon stick
2 teaspoons ground cinnamon
1 tsp cumin
½ cup honey

Add all ingredients to a sauce pan, and sauté until the sauce becomes nice and sticky.

Remove cinnamon stick, and serve with meat, or cheese and crackers.



Tipsy Onion



Vodka Gibson

5 parts vodka
1 part dry vermouth
Pickled onion

Stir and strain into a cocktail glass.
Decorate with a pickled onion.

