

Use the Right Onion



SWEET ONION

BEST FOR FRYING

USE FOR: ONION RINGS, GRATINS, ROASTED VEGETABLES

RED ONION

BEST FOR EATING RAW

USE FOR: GUACAMOLE, PICKLED ONIONS, SALADS, SANDWICHES

WHITE ONION

CRUNCHIEST AND SHARPEST ZING

SALSAS, CHUTNEYS, STIR-FRIES

YELLOW ONION

BEST ALL-AROUND COOKING ONION

USE FOR: MEAT ROASTS, BRAISED MEAT DISHES, SAUCES, SOUPS, STEWS

SHALLOT

MILDER AND MORE SUBTLE

USE FOR: VINAIGRETTES, EGG CASSEROLES, GARNISHES