

LOCAL CHEF RECOMMENDS - - ROAST ONIONS WITH PORT BALSAMIC GLAZE

4 medium red onions	½ cup (125 mL) port
Rind of ½ lemon cut in strips with a potato peeler	¼ cup (50 mL) balsamic vinegar
¼ cup (50 mL) olive oil	½ cup (125 mL) raisins
Salt and freshly ground pepper	1 tbs (15 mL) brown sugar

1. Preheat oven to 375°F (190°C).
2. Place onions and lemon rind in large saucepan. Cover with water; bring to boil and boil for 5 minutes. Drain; refresh under cold running water and drain again. Discard rind.
3. Peel onions, trim stems and root ends and cut in half. Arrange onions, cut-side down, in an ovenproof casserole dish. Toss with olive oil, salt and pepper.
4. Bake, uncovered, basting occasionally, for 30 minutes.
5. Combine port, balsamic, raisins and brown sugar in a pot. Bring to boil and pour over onions. Bake another 40 minutes or until juices are syrupy.

Serves 8

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HOLLAND MARSH ONIONS

FACTS

Onions are a member of the allium plant family, which includes leeks, shallots and garlic. There are two categories of onions: dry onions for storage and green onions for fresh use. Raw onions add a pungent bite, and cooked ones a mellow sweetness to many dishes. Onions come in many sizes, colours and flavours. Red onions have a mild, sweet flavour, which makes them a favourite for salads and sandwiches. Stronger white and yellow are best for cooking. Green onions are mild, when fresh and both the bulb and greens can be eaten.

Health Benefits: Onions are a source of Vitamin C, Vitamin B6, Folate and Manganese.

Number of acres farmed in the Marsh annually: 4,000 acres