

LOCAL CHEF RECOMMENDS - - ROASTED ONION AND CHEDDAR DIP

1 small onion, finely chopped	softened
2 tbsp (25 mL) cider vinegar or beer	1 cup (250 mL) shredded aged cheddar cheese
1 tsp (5 mL) butter	½ tsp (2 mL) dry mustard or Dijon
¼ tsp (1 mL) freshly ground black pepper	1 tsp (5 mL) chopped fresh thyme, or ¼ tsp (1 mL) dried
4 oz (125 g) cream cheese,	Thick pretzels, for dipping

1. Preheat the oven to 450°F (230°C) or barbecue to medium-high.
2. Combine onion, vinegar, butter and pepper in a shallow baking pan (for oven) or in a foil pan (for barbecue). Roast, stirring twice, for 15 to 20 minutes or until soft, translucent and starting to brown. Let cool slightly.
3. Mash softened cream cheese in a bowl. Add onion mixture, cheddar cheese, mustard and thyme, stirring until well blended. Pack into an ovenproof ramekin or serving dish or a foil pan. Cover and refrigerate until serving, for up to 2 days.
4. To serve, preheat the oven to 350°F (180°C) or barbecue to medium-high.
5. Heat dip, uncovered, in oven or on grill, for about 15 minutes or until hot and bubbling around edges. Stir and serve with thick pretzels for dipping.

Serves 8 about 1¼ cups (300 mL)

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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