



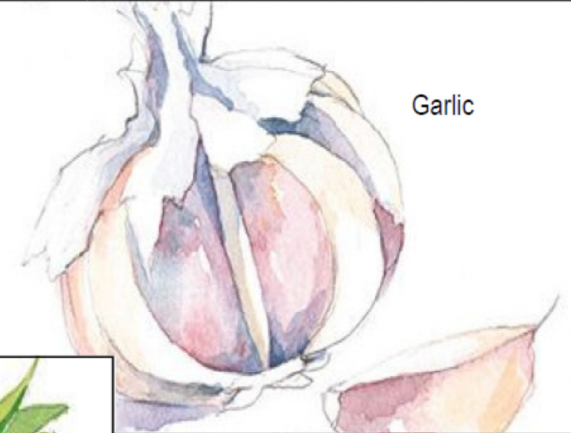
Leeks



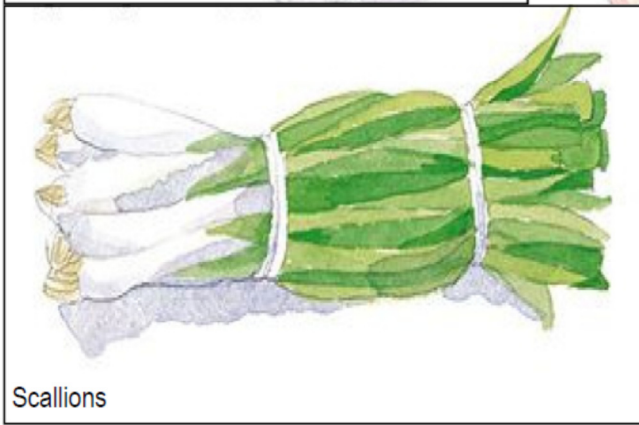
Yellow Onion



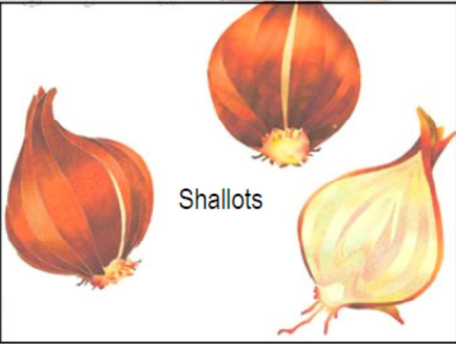
Red Onion



Garlic



Scallions



Shallots

### The Allium Family: Onions, Leeks, Scallions, Garlic, Chives and Shallots

So much of our cooking is based on the savory flavors of onions and garlic. From the simplest of sauces, sautés, and stocks, to the most complex preparations, we rely on the aromatic base of the allium family.

After red, yellow, white onions, garlic, and shallots are harvested they are “cured,” or dried until their skins are papery. They can then be stored in cool, dry spaces to used throughout the cold months.

When purchasing garlic, onions, and shallots, select firm bulbs. Chives, leeks, and scallions should be crisp and moist. Store garlic, onions, and shallots in a cool, dry spot with good ventilation. Store chives, leeks, and scallions loosely wrapped in your refrigerator's crisp drawer.

Information and recipes from Seacoast Eat Local ([www.seacoateatlocal.org](http://www.seacoateatlocal.org)) made possible by a grant from Sustainable Agriculture Research and Education ([www.sare.org](http://www.sare.org)).

**Shallot Vinaigrette**

1/2 cup olive oil  
2 Tbsp. red wine or balsamic vinegar  
2 Tbsp. honey  
1 Tbsp. Dijon mustard  
1 Tbsp. water  
1 large shallot  
1/8 teaspoon salt  
3/4 teaspoon pepper

Combine ingredients in a blender or food processor and blend until smooth.

**Smoky Onion Relish**

2 medium onions  
1 1/2 tsp salt  
6 tsp lemon juice  
1/2 tsp paprika, smoked or regular  
1/4 tsp cayenne pepper  
1/4 tsp chipotle pepper

Slice onions very thin. Toss with remaining ingredients and allow flavors to blend for 30 minutes before serving.

**French Onion Soup**

A great winter dinner in one bowl! The soup is served under toasted baguette and melted cheese. Yields about 6 servings.

2 lb onions, halved and sliced thinly  
1 tsp thyme  
2 bay leaves  
3/4 teaspoon salt  
1/2 stick (1/4 cup) unsalted butter  
2 teaspoons all-purpose flour  
3/4 cup dry white wine  
4 cups beef stock  
1 1/2 cups water  
1/2 teaspoon black pepper

1 baguette or other crusty bread  
Parmesan cheese  
Gruyere or a local hard cheese

Cook onions, thyme, bay leaves, and salt in butter in a heavy pot over medium heat, stirring frequently, until onions are softened and browned (about 40 minutes). Add flour and stir for 1 minute. Stir in wine and cook for 2 minutes. Stir in broth, water, and pepper and simmer, uncovered, stirring occasionally, 30 minutes. Remove bay leaves.

Slice bread into 6 1/2 inch slices and toast (under broiler or in toaster).

Ladle soup into broiler-proof bowls. Place toasted bread on top, then shred or thinly slice enough hard cheese (Gruyere is classic, but seek out a sharp, hard local cheese) and Parmesan to cover the bread and soup. Put under broiler to melt cheese. Serve and savor immediately.