

The Incredible, Edible Onion

This month's recipes are celebrating those wonderful, often pungent, bulbs – onions. Most cooks would be lost in the kitchen without onions in their various forms and its close relative, garlic. And, as usual, co-op members have responded with more wonderful recipes than there is space to print. Here are four recipes that stand out as being somewhat unusual. The recipes for the stuffed onions and onion dip require cooking, but the onion salad and onion dressing are fast and easy. Enjoy. And watch for those fabulous 1015s that will be hitting the markets soon.

Apple and Stilton Stuffed Onions

4 large sweet onions (approximately 8 ounces each)
 1 large cooking apple, peeled, cored and finely chopped
 1 cup fresh bread crumbs
 2/3 cup finely crumbled blue Stilton cheese (Gorgonzola, Roquefort, or blue cheese may be substituted for the Stilton)
 1 bunch watercress
 1/2 stick butter, unsalted
 Salt and pepper to taste

Peel onions, then cook in saucepan of boiling water for 15 to 20 minutes until just tender. Drain and let cool so that the onions can be handled. Mix bread crumbs with apples and cheese. Reserve four sprigs of watercress. Trim and chop remaining watercress and add to cheese mixture. Remove center of each onion by gradually scooping out layers of onion with a teaspoon. Leave an unbroken shell about two onion layers thick. Chop the scooped-out onion and add to the cheese mixture. Mix well and season to taste, then press mixture into onion shells.

Stand onions in ovenproof dish, dot with some butter. Bake in pre-

heated 350 degree oven for 40 to 45 minutes or until stuffing is cooked through. Serve garnished with reserved watercress sprigs.

Lucette Claudine Ramsey
 Uvalde, Bandera EC

This dish can be made more quickly if, after boiling and cooling the onions, they are cut in half and the centers scooped out, leaving the last two layers of onion for a shell. The presentation is not so dramatic but the end result is equally tasty. Ms. Ramsey says this "is especially delicious when made with Texas sweet onions."

Carrot and Onion Salad

4 large carrots, grated
 4 green onions, cut up fine
 1/4 cup peanuts, chopped fine
 1/4 cup mayonnaise

Combine carrots, onions, peanuts and mayonnaise. Refrigerate, covered, for 30 minutes or longer before serving.

Mrs. W.R. Daniel, Floydada, Lighthouse EC
 Mrs. Daniel and a cooking friend came up with this recipe in 1951 while experimenting with some fresh green onions from her garden. "(This salad) is to a roast beef dinner what coleslaw is to a fish menu," Mrs. Daniel says.

Vidalia Onion Dip

2 large Vidalia or other mild onions, quartered
 1 1/2 cups shredded Parmesan cheese, divided
 1 cup mayonnaise
 1 cup sour cream
 2 1/2 teaspoons dried dill weed, divided

Preheat oven to 325 degrees. Chop onions very fine. Blend well. Add 1 cup each of the Parmesan cheese, mayonnaise, sour cream and 2 teaspoons of the dill weed. Spoon mixture into two 9-inch glass pie plates. Sprinkle tops evenly with remaining 1/2 cup Parmesan cheese and 1/2 teaspoon of dill. Bake 40 to 45 minutes or until lightly browned. Serve



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with chips or crackers.

Nikki Cantrell
 Bridgeport, Wise County EC
 Absolutely yummy and very rich. Try it with light mayonnaise and light sour cream. It's still tasty but is not quite as high on the calorie scale.

Onion Salad Dressing

2/3 cup sugar
 1/2 cup white wine vinegar
 1 cup salad oil
 1 teaspoon dry mustard
 1/2 medium red onion, cut up
 1 teaspoon salt
 1 teaspoon celery seed

Boil sugar and white vinegar together for 1 minute, then cool. When vinegar and sugar mixture is cool, place it and all other ingredients except celery seed, in a blender. Blend until creamy. Add the celery seed. Chill and serve over vegetable or fruit salad. Keeps well refrigerated.

Peggy Araiza, Lakehills, Bandera EC
 Not only is this wonderfully flavorful, but when the red onion is blended with the rest of the ingredients, the dressing turns a lovely shade of pink.

Microwave cooking is the topic for the May contest. Send your entries by March 10 to "Home Cooking," Texas Co-op Power, P.O. Box 9589, Austin, TX 78766, or fax to (512) 467-9442.

Include your name, address, phone number and electric co-op membership.

