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WAR FOOD ADMINISTRATION
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ONIONS

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ONIONS ARE ABUNDANT NOW

During the last half of May and the early part of June, the supply of new crop onions will be abundant. The reason for the current supply is heavy production. In Texas, the chief producing center on early crop onions, acreage was increased from last year's 23,000 acres to 70,600 acres this year. The total available supplies from all states are about 50 percent above last year and 40 percent above the 10-year average.

The new crop onions are not suitable for storage or dehydration. Therefore, it is imperative that they be used as quickly as possible to avoid waste. Consumers should buy these onions frequently and in small quantities.

CONSUMER AIDS

During the latter part of May and early June the principal variety of onion on the markets will be Yellow Bermuda, followed in importance by the Crystal White Wax and several other varieties. Onions of small sizes are classed commercially as "boilers".

The chief value of onions is their flavor. In addition to being one of the best known seasonings, onions are one-course dishes when stewed, scalloped, creamed, stuffed or buttered. Liver with onions is a favorite. Steak smothered with onions has long been an American dinner dish. Onions enhance meat loaf, hash, poultry stuffing, hamburger and stews. Onions help salads and sandwiches. There is many a spot on the menu where "adding onions makes a good dish a better dish".

SUGGESTED USES

Smothered Steak With Onions

If the steak is a very lean porterhouse or sirloin, brown it on both sides in a little suet; then remove from the pan. Brown 1 to 1½ quarts of sliced onions in the same pan. Then put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

If the steak is from the round, rump or chuck, pound flour into it first, cut it into serving pieces, brown it in fat, add water to cover and cook slowly for 1½ to 2 hours, or until the meat is tender enough to cut with a fork. Add the sliced onions during the last half hour of cooking, and season with salt and pepper.

EAT ONIONS EVERY DAY



(OVER)

Smothered Onions
(4 servings)

3 cups sliced onions
3 tbs. bacon fat (or butter, or
margarine)

Saute them in the fat, then simmer,
closely covered, until tender.

Boiled Onions

Drop prepared, sliced onions into a quantity of rapidly boiling salted water - twice as much water as onions, and cook them uncovered until tender. Drain at once. Onions, if small, may be boiled whole - time about 25 minutes. Dress drained onions with boiling cream sauce.

Cream sauce: 2 tbs. butter
(or margarine)
2 tbs. flour
1 cup milk
1/4 tsp. salt
Dash of pepper

Stuffed Onions A La Basque
(Serves six)

10 medium onions
2 tbs. olive oil
1 pound canned salmon
2 tbs. chopped green pepper
Salt and pepper
Flour
2 eggs, beaten

Cook onions in boiling water until tender. Remove centers and fill with mixture of salmon, green pepper, oil and seasonings. Dredge each onion slightly with flour and dip into well-beaten eggs. Fry in hot deep fat (380°F.) until golden brown. Serve with tomato sauce.

Fried Onions and Apples

3 tbs. fat
1 qt. sliced tart apples
1 pt. sliced onions
1/4 tsp. salt
1 tbs. sugar

Melt the fat in a heavy skillet - add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the salt and sugar over the apples and onions and continue the cooking until they are lightly browned. Serve at once.

