



## Cumin Frizzled Onions

By Erin Fletter

**Prep Time 5 / Cook Time 10 / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**snip:** to use scissors to cut something with quick, sharp strokes.

**stir-fry:** to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

## Equipment

- Kid or kitchen scissors
- Small skillet
- Measuring spoons
- Wooden spoon or heat-resistant spatula

## Ingredients

### Cumin Frizzled Onions

- 4 green onions
- 1 T butter, or olive or vegetable oil **\*\* (for DAIRY ALLERGY use a nut-free oil, like olive or vegetable)\*\***
- 1/4 tsp dried cumin
- 1 pinch salt
- 1 pinch sugar

## Food Allergen Substitutions

### Cumin Frizzled Onions

**Dairy:** Substitute a nut-free oil, like olive or vegetable oil, for butter.

## Instructions

### Cumin Frizzled Onions

snip + heat + stir fry

Wash and snip **4 green onions** into thin slices using a clean set of scissors. Heat **1 tablespoon butter or oil** in a small skillet. Add green onions, **1/4 teaspoon cumin**, **1 pinch of salt**, and **1 pinch of sugar**, then sauté over medium heat until onions are slightly crispy and frizzled! Enjoy Frizzled Onions on top of Mighty Mongolian Fried Rice (see recipe)!

## Featured Ingredient: Onions!

Hi! I'm Onion!

"Did you know that onions are vegetables? My close relatives are chive, garlic, and leek, and I'm a distant cousin of the amaryllis and daffodil. I'm actually the edible bulb of the onion plant!

### History & Etymology

The onion is thought to be native to Asia, but there are also ancient remnants from Iran, India, and Egypt. The Egyptians even worshiped onions! They believed their circular shape and layers symbolized eternal life, and often onions were placed in ancient tombs to bring prosperity to mummies in the afterlife. Ancient Greek and Roman athletes used to eat onions to get strong, and they even rubbed onions on their bodies before competing in events like the Olympics.

In medieval times, people used onions as a form of currency! Imagine paying bills with a bag of onions! Native Americans in Eastern Canada and the Eastern United States ate a species of wild onion, also called ramps or wild leek.

China is the largest producer of onions. In the US, California grows the most onions.

Some people around the world say, possibly as early as 3,000 years ago in China, that onions can predict the weather.

There is even a saying about onions and the weather that goes like this: "Onion's skin very thin, mild winter coming in; onion's skin thick and tough, coming winter cold and rough."

The word "onion" comes from Middle English from the Old French "oignon," based on the Latin "unionem," literally "union," indicating the unity of the layers of the onion.

### Anatomy

Onions are part of the "Allium cepa" genus and Amaryllidaceae family. "Cepa" is Latin for "onion." The common onion plant grows from 6 to 18 inches tall.

They have hollow green leaves that grow upward and fan out of a covered stem from the top of the bulb. Roots extend out of the basal plate at the bottom of the bulb into the soil.

The onion bulb is described as having a "globe" shape. It is made up of fleshy leaves that grow around the flower bud in the middle. These fleshy leaves are covered by scaly leaves, the onion's "skin," that dry out and become papery when it is time for the onion to be harvested.

## How to Pick, Buy, & Eat

There are lots of onion varieties! Green onions (also called scallions or spring onions) are mild in flavor, and both the bulbs and top leaves can be eaten. They are often found in salads and stir-fry dishes. They have a small, not fully developed white bulb end with long green stalks. The white shaft of the plant extends from the roots to the leaves.

Yellow onions can be pungent or sweet. The Spanish onion is a common pungent variety typically found in grocery stores. The Vidalia is a sweet onion from the state of Georgia, and the Walla Walla is a sweet onion from the state of Washington.

White onions have a sharp flavor and are often used in Mexican cooking. Red onions are sweeter than yellow and white onions and are used raw in salads and on burgers.

The shallot is a smaller variety with a milder pungent flavor often used in sautéed dishes, sauces, and stocks. Pearl onions are tiny bulbs that are mild in flavor and great for pickling.

Store whole raw onions in a cool, dark location. Cut onions will keep in the refrigerator for about a week.

Store them in an airtight container that will not absorb their smell (i.e., glass rather than plastic).

Onions can cause eye irritation and tears when you cut into them. This is because a chemical compound called syn-propanethial-S-oxide is released into the air when you slice an onion, and tears are produced to wash it away.

Chilling onions in the refrigerator or a bowl of ice water before cutting them can decrease the amount of irritation. Other suggestions include using a sharp knife, holding a piece of bread in your mouth while you slice, or wearing goggles.

## Nutrition

Onions have a high water content, about 89 percent, and are low in calories. They contain low amounts of protein, fiber, and essential nutrients.