

Freezing Onions



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If you like cooking with fresh onions, but frequently toss an unused portion, try freezing them! The following method works for **fully mature onions**:

1. Wash, peel and chop raw, fully mature onions into about 1/2" pieces. There is no need to blanch onions.
2. Bag and freeze in **freezer** bags for best quality and odor protection. Speed freezing and hasten thawing by freezing onions in a thinner, flattened shape in freezer bags. A rounded shape takes longer to thaw through to the middle. Flatter packages also will stack better in your freezer. Another benefit: It is easier to remove just a portion of a package when the package is thin and flat.



Express out the air and place bags on cookie sheets or metal pans until onions are frozen. Then, restack bags to take up less room.

3. Use in **cooked** products, such as soups and stews, ground meat mixtures, casseroles, etc. For most dishes, frozen onions may be used with little or no thawing. Frozen onions will maintain good quality in the freezer for 3 to 6 months.

Did you know ...

According to the National Onion Association (<http://www.onions-usa.org>):

- After you purchase onions, you should store them in a cool, dry, ventilated place – not in your refrigerator. Avoid storing onions in plastic bags during storage outside of the refrigerator; the lack of air movement will reduce their storage life. After onions are chopped or sliced, store them in a sealed container in your refrigerator for up to 7 days.
- One medium onion yields about 1 cup of chopped onions.
- Use low or medium heat when sautéing onions. High heat will make them bitter.
- Reduce crying when cutting onions by first chilling them for 30 minutes. Leave the root end intact when cutting onions. The root end has the highest concentration of the sulphuric compounds that cause tearing.

Know how. Know now.



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