



INSTRUCTION CARD - DICING ONION

INGREDIENTS:

1 onion

UTENSILS:

Chopping board

Knife

METHOD:

1. Peel the onion (to be peeled with hands) and use a sharp knife to cut the top off the onion, but leave the roots intact.
2. Carefully slice the onion in halves lengthways. Place the flat cut edge of one onion half on the chopping board and root end facing left (if right-handed).
3. Starting from just in front of the root, slice into the onion with a knife, from the root to the tip (left to right), taking care not to cut through the root.
4. Repeat at even intervals (about 0.5cm apart) along the entire onion.
5. Holding the onion together with your hand at the root, slice at even intervals of approximately 0.5cm across the onion (top side of the chopping board to bottom) and working all the way to the root end. Discard the root.
6. Cook your diced onion as desired.