



INSTRUCTION CARD – BROWNING ONION

INGREDIENTS:

- 2 to 3 onions
- 2 tablespoons canola oil

UTENSILS:

- Chopping board
- Knife
- Frying pan
- Tablespoon
- Wooden spoon

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 (root to tip). Place the flat cut edge of one onion half on the chopping board and root end facing left (if right handed).
3. Keeping hold of the root end of the onion and with the knife tip on the chopping board, cut across the onion (top side of the chopping board to bottom) to produce crescent (half-moon) shaped slices.
4. Place the frying pan over a medium to high heat. Add the canola oil and when hot, add the onion and cook, stirring with the wooden spoon for 2 to 3 minutes until it starts to brown.
5. Keep stirring to ensure the onions are evenly browned and soft.
6. Turn off the heat and remove onions from pan.
7. Serve as desired.



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