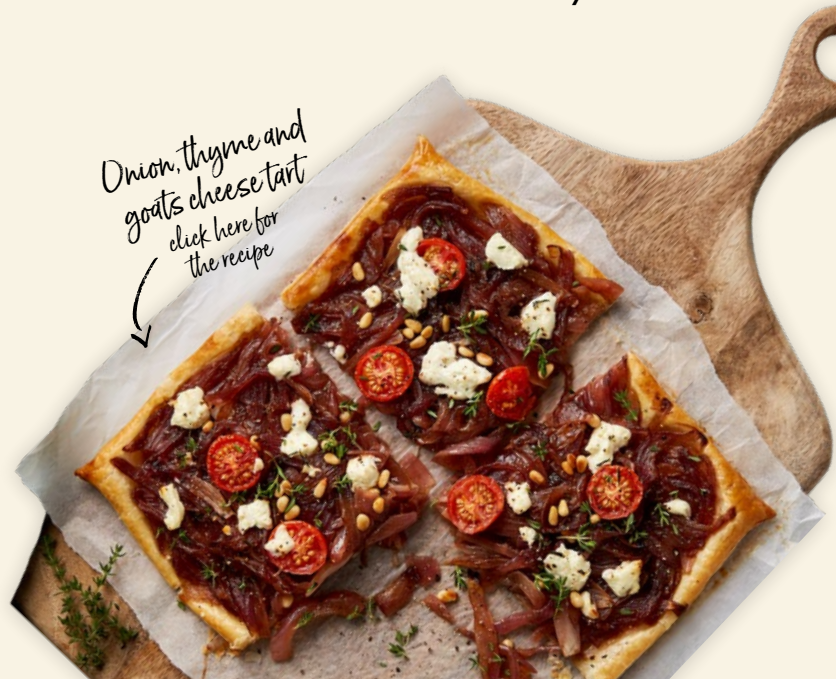


Onions for Culinary Service

Onions play a vital role in adding flavour and nutritional value to a wide variety of everyday meals and foods. Onions also count toward the recommended five serves of vegetables a day – a fact many people often forget.



Just half an onion, eaten over a number of meals during the day, can boost the intake of a number of key nutrients. Here are some tips to maximise antioxidant compounds and vitamins in onions:



1. Avoid peeling too many layers off an onion as antioxidant levels are higher in the outer layers. Beneath the layers of the humble onion lie many nutritional benefits



2. Diced onions can be frozen for later use
Freezing helps to preserve the flavonoid compounds



3. When cooking onions in liquids, include the liquid with the meal eg. with gravy, stock and soup. This ensures all the water-soluble nutrients are consumed as well



4. To preserve the nutrients, use cooking methods with quick cooking times such as stir fry or microwave



5. Try fermenting onions with other vegetables, or pickle onions and add as an accompaniment to a range of different meals

Did you know?

Cooking has an impact on the nutrient content of onions, but the level of impact depends on the cooking method and duration. Cooking breaks down the fibrous structure of onions which helps to release nutrients. However, some nutrients are water soluble and may also be affected by heat.