

Vidalia Onion Recipes

VIDALIA DIVAN

A sweet and sour main dish casserole. Quick and easy. Freezes well for make-ahead. The Vidalias add the "sweetness" and the sour cream adds the "sour."

2 cups cooked, chopped chicken
1½ cups chopped Vidalia Onions
1 cup sour cream
1 (10¼ oz.) can cream of broccoli soup
½ cup shredded Cheddar cheese
1 cup fresh whole wheat bread crumbs
2 tablespoons margarine, melted
1 teaspoon poppy seeds

Heat the oven to 350 degrees. Butter a 2-quart casserole. In a large bowl combine the chicken, Vidalias, sour cream, soup and cheese. Mix well. Pour into casserole dish.

In a small bowl combine the bread crumbs, melted margarine, and poppy seeds. Mix well. Sprinkle over top of casserole. Bake in preheated oven for 20 to 25 minutes or until the crumbs are golden brown and the filling is bubbly.

Serves 6. Calories per serving: 676

VIDALIA ONION RELISH

1½ gallons ground Vidalia Onions
(14-16 medium onions)
½ cup salt
1 quart apple cider vinegar
1 teaspoon turmeric
1 teaspoon pickling spice
1 teaspoon pimento, chopped
4½ cups of sugar

Grind enough Vidalia Onions to yield 1½ gallons, add ½ cup salt and let stand 30 minutes. Squeeze juice from onion-salt mixture and discard juice. To onions add vinegar, sugar, spices and pimento. Bring to a boil and cook for 30 minutes, stirring often. Pack both onions and cooking liquid to cover in hot jars, leaving ½-inch head space. Remove air bubbles. Wipe jar rims. Adjust lids. Process 10 minutes in a boiling water bath.

Makes about 8 pint jars.

CHINESE PORK AND VIDALIA SALAD

A perfect blend of Chinese seasonings with the sweetness and crunch of Vidalia Onions makes this salad special. A good way to utilize leftover pork roast. Although, it's so delicious you'll want to buy a roast just for the salad.

2 cups cooked, shredded pork roast
1 cup chopped Vidalia Onions
¼ cup finely chopped bell pepper
½ cup mayonnaise
⅓ teaspoon 5-spice (Available in the Chinese section of the supermarket)
1 teaspoon sesame oil
1 tablespoon soy sauce
1 teaspoon Dijon mustard

Combine the pork, Vidalia Onions, and bell pepper. Mix well. In a small bowl combine the mayonnaise, 5-spice, sesame oil, soy sauce and mustard. Beat until smooth. Pour over the pork mixture. Mix well. Serve on a bed of lettuce or serve with chow mein noodles.

Serves 6. Calories per serving: 256

SAVORY STUFFED VIDALIA ONIONS

1990 Vidalia Onion Festival Grand Prize Winner

4 large Vidalia Onions, peeled
1 (3 oz.) package cream cheese, softened
3 slices bacon, cooked and crumbled
¼ cup chives
¼ cup sliced fresh mushrooms
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon garlic salt
2 drops red pepper sauce
¼ cup whipping cream
¼ cup shredded Cheddar cheese

Garnish: 20 boiled shrimp Parsley

Steam Vidalia Onions by wrapping each one in a damp paper towel. Microwave at 100% for about 10 minutes or until tender. Spoon out inside pulp leaving 3 outer layers of onion. You should have a circular opening. Place in a casserole dish. Set aside. Combine all other ingredients except garnish. Place stuffing mixture equally into each of the steamed Vidalias. Microwave for 2 or 3 minutes at 100% until well heated. Garnish each stuffed Vidalia Onion with 5 boiled shrimp around top edge of onion. Sprinkle center with parsley.

Serves 4. Calories per serving: 257

VIDALIA ONION ROLL-UPS A LASAGNA

½ cup finely chopped mushrooms
1 cup finely chopped Vidalia Onion
4 tablespoons butter or margarine
1 (3 oz.) package cream cheese, softened
1 pound ground beef
½ cup chopped Vidalia Onion
1 (30 oz.) jar pasta sauce (or your favorite homemade)
5 lasagna noodles (cooked according to package directions)
1 cup shredded Mozzarella cheese

Press the chopped mushrooms between layers of paper

towels to remove moisture. Sauté the mushrooms and finely-chopped Vidalias in the butter until tender but not browned. Cool slightly. Combine the mushroom/Vidalia mixture with the cream cheese and beat until well blended.

In a large skillet cook the ground beef and chopped Vidalia until the beef has lost its pinkish color. Drain off excess grease. Pour the pasta sauce into the skillet and simmer while assembling the noodle roll-ups.

Spread about two tablespoons of the cream cheese mixture over each noodle. Roll up from the short end. Cut each filled noodle in half, making 10 small roll-ups. Pour the beef mixture into a 10x10x2-inch casserole dish. Place the lasagna roll-ups cut side down (frilly side up) into the meat mixture. Sprinkle the top with cheese. Place a square of aluminum foil loosely over the top of the casserole to prevent the noodles from drying out during baking. Bake in a 350 degree oven for 20 to 25 minutes or until bubbly. Best served while hot.

Serves 6. Calories per serving: 592

CAJUN-STYLE VIDALIA CHIPS & DIP

Add these appetizing jewels to your next cocktail buffet and compliments will follow. The sweetness of the Vidalia Onion adds a palate-pleasing contrast to the moderately hot seasoning.

1 large Vidalia Onion peeled and cut into 8 wedges
1 egg
½ cup milk
1 cup all-purpose flour
1 cup dry bread crumbs
¼ teaspoon Cajun seasoning
oil for frying

Separate each onion wedge into "chips" by pulling off each layer of Vidalia Onion. Place Vidalia chips into a bowl of ice water. In a small bowl beat together the egg and milk. As the Vidalia chips are removed from the ice water, drop them into the flour. Shake off excess flour and dip them into egg mixture and then coat with combined bread crumbs and Cajun seasoning.

Pour an inch of oil into skillet. Heat to 375 degrees. (An electric skillet is best because you can better control the temperature.) Drop the coated Vidalia chips into the hot grease and cook until delicately browned. Drain well on paper towels. Serve with Cajun Dip.

Serves 4. Calories per serving: 287

Cajun Dip:

½ cup mayonnaise
½ cup sour cream
2 tablespoons finely minced Vidalia Onion
1 teaspoon Cajun seasoning
¼ teaspoon paprika
1 teaspoon dried parsley flakes

Combine all ingredients and mix well. Chill.

Serves 16. Calories per serving: 65

Drain liquid from vegetables, reserving 1/2 cup liquid; return vegetables to bowl. Mix vinegar mixture, mayonnaise and celery seed; pour over vegetables. Add artichoke hearts and pasta. Toss gently to coat. Cover and chill until ready to serve.
Serves 6-8

Vidalia Onion and Steak Salad

1 medium Vidalia Onion, sliced thin
2 tablespoons fresh chopped parsley
1 tablespoon olive oil
1 tablespoon water
1 tablespoon red wine vinegar
1 clove garlic, minced
3/4 pound lean broiled steak, cut into 1-inch strips
3/4 cup sliced radishes
Lettuce leaves
1 cup crumbled blue cheese

Combine parsley, oil, water, vinegar and garlic; mix well. Combine remaining ingredients except blue cheese and lettuce. Pour oil mixture over other ingredients and toss well.

Line large bowl with lettuce leaves and spoon salad over leaves. Sprinkle with blue cheese.
Serves 4

Vidalia Onion Relish

1 1/2 gallons ground Vidalia Onions (14-16 medium onions)
1/2 cup salt
1 quart apple cider vinegar
1 teaspoon turmeric
1 teaspoon pickling spice
1 teaspoon pimento, chopped
4 1/2 cups of sugar

Grind enough Vidalia Onions to yield 1 1/2 gallons, add 1/2 cup salt and let stand 30 minutes. Squeeze juice from onion-salt mixture and discard juice. To onions add vinegar, sugar, spices and pimento. Bring to a boil and cook for 30 minutes, stirring often.

Pack both onions and cooking liquid to cover in hot jars, leaving 1/2-inch head space. Remove air bubbles. Wipe jar rims. Adjust lids. Process 10 minutes in a boiling water bath.
Makes about 8 pint jars

From *So Easy To Preserve*, Georgia Cooperative Extension Service

Shrimp & Vidalia's in White Wine Marinade

1 pound shrimp, shelled and deveined	4 tablespoons lemon juice
2 Vidalia Onions	1 tablespoon olive oil
2 carrots	1 tablespoon sugar
2 celery stalks	1 teaspoon basil
1 green pepper	1/4 teaspoon salt
6 tablespoons Chablis or other white wine	spinach leaves

Steam shrimp. Slice all vegetables and separate Vidalia's into rings.

Whisk together remaining ingredients and pour over vegetables. Marinate for 2-3 hours. Serve over spinach leaves.

Serves 4

*Steamed broccoli may be substituted for celery

Vidalia Gaspacho

6 large ripe tomatoes	1/2 cup red wine vinegar
1 large Vidalia Onion	1/2 cup olive oil
1 sweet red pepper	1 1/2 cup tomato juice
1 green pepper	1 Tbsp worcestershire sauce
2 large cucumbers	salt & pepper to taste
1 tsp. chopped garlic	pinch of cayenne

Peel and core the cucumber.
In a blender or a food processor, puree half of the vegetables with half of the tomato juice.

Cut the other half of the vegetables in 1/4" dice.
Mix the pureed ingredients, diced vegetables and all other ingredients together. Mix well. Cover and refrigerate at least 4 hours before serving.

NOTE: SHRINERS WILL BE SELLING 10 LB. BAGS OF OUR PREMIUM, HAND GRADED, JUMBO VIDALIA SWEET ONIONS.

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Vidalia Onion Recipes

HOW SWEET THEY ARE...



VIDALIA ONIONS

Vidalia Onions

Storing Vidalia Onions – the key to preserving Vidalias, and to prevent bruising, is to keep them cool, dry and separated. There are several favorite methods of storage Vidalia Sweet onions.

Store them in the refrigerator, wrapped separately in a paper towel. This method is expensive and takes up precious refrigerator space, but can preserve Vidalia onions for as long as a year.

Store them in legs of clean, sheer pantyhose. Tie a knot between each Vidalia and cut above the knot when you want one. Hang in a cool, dry, well ventilated area. On evaluated racks or screens, not touching and in a cool place.

Vidalia onions can be frozen. Chop and place on a cookie sheet in the freezer. When frozen, remove and place in freezer containers or bags, and seal. This allows you to remove the amount you want when you want it. An alternative is to freeze whole. Jumbos can be peeled, washed, cored and dropped in a plastic bag. Once frozen, they can be removed like ice cubes. Freezing changes the onion's texture, so frozen onions should be used for cooking only.

Recipes

Baked Viadalia Onion Dip

Makes 6 cups

- 2 T. butter or margarine
- 3 Large Vidalia onions, coarsely chopped
- 2 C (8 oz) shredded swiss cheese
- 2 C mayonnaise
- 1 (8 oz) can sliced water chestnuts drained and chopped
- ¼ C dry white wine
- 1 garlic clove minced
- ½ t. hot sauce

MELT: butter in large skillet over medium-high heat, add onion and sauté for 10 minutes or until tender.

STIR: together shredded Swiss cheese and next 5 ingredients; stir in onion, blending well. Spoon mixture into a lightly greased 2 qt. baking dish.

BAKE: at 375° for 25 minutes. and let

French Onion Soup Au Gratin

- 2 to 3 medium onions Sliced very thin
- 4 T Margarine or butter melted
- 4 C beef broth or 2 cans of beef consommé
- ½ C water
- Salt & Pepper to taste
- ½ C Maderia wine (optional)
- Parmesan croutons
- ½ C shredded swiss cheese

Cook onions in butter in large skillet, covered until onions are tender (about 5 minutes). Uncover skillet and continue cooking onions until well browned; stir occasionally. Stir in broth and water, cover and simmer 30 minutes. Add salt and pepper; stir in wine if desired. Ladle soup into individual oven proof dishes, place a parmesan crouton on each serving and sprinkle with swiss cheese. Bake at 400° for 15 minutes or until cheese is melted and golden brown.

Onions & Shrimp

- 2 lbs boiled shrimp, peeled
- 3 medium Vidalia onions, thinly sliced
- ¾ C vinegar
- 1 C catsup
- ¼ C olive oil
- ¼ C parmesan cheese
- ¼ t. lemon juice
- 1 t. basil
- 1 t. coarsely ground black pepper

Mix together and chill. Serve cold with crackers.

In the late spring of 1931 Moses Coleman discovered that the onions he'd planted on his south Georgia farm had a most unusual flavor. They were actually sweet—so sweet that you could enjoy eating them raw. No burning aftertaste and no tears, just the light, crispy crunch of sweet onion—Georgia's Vidalia Onion.

Scientists and consumers alike have wondered why Georgia's Vidalia Onion is so sweet. They've concluded that the mild climate and unique soil within twenty Southeast Georgia counties—including Moses Coleman's Toombs County—produce the special taste of the sweet Vidalia Onion.

Although Vidalia Onions now represent a thirty-million dollar industry in Georgia, they are available for only a short time each year. Harvest generally starts around the first of May continuing to the middle of June. Many people purchase Vidalia Onions and store them in a cool place for enjoyment throughout the year. The onions can be placed on a screen or wire rack as long as they don't touch one another. Or they can be placed individually in the legs of panty hose—tying a knot between each onion to separate them.

Vidalia Onion Selection and Preparation

To select the best Vidalias, look for firm onions without decay or blemishes. There should be no sprouts attached and the skins should be dry.

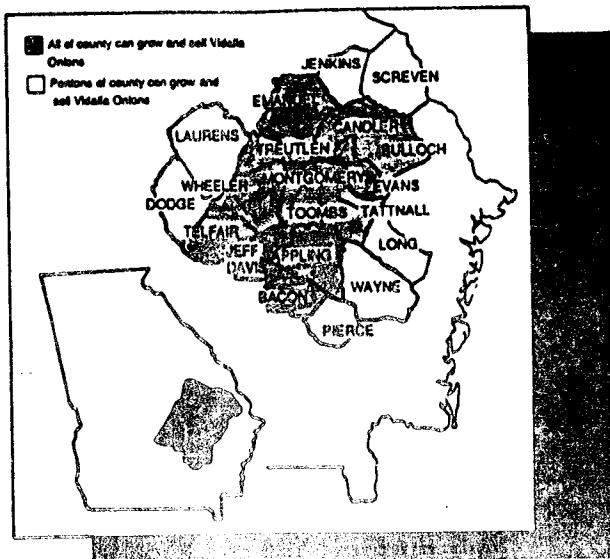
Grill Using skewers alternate Vidalias with marinated chicken or meat for flavorful shish-ka-bobs.

Combine Vidalias and other vegetables such as carrots and broccoli. Place in a double thickness of aluminum foil. Sprinkle with Italian salad dressing, seal foil edges and grill for 20-30 minutes.

Bake Cut top and bottom from onion to make flat. Place a pat of butter and ¼ teaspoon of chicken bouillon granules over top of onion. Sprinkle with chives or other herb if desired. Bake conventionally or microwave until tender.

Freeze Chop onions and place on a cookie sheet. When frozen remove and place in freezing container or bags and seal. This allows you to remove the proper amount as needed. Vidalia Onions may also be frozen whole. Simply clean as you would for eating. Blanch for 3-7 minutes or until center is heated. Cool promptly, drain and package. Leave ½ inch head space. Seal and freeze. Only suitable for cooking.

Dry Onion also can be chopped and dried in the oven. Use the lowest setting and remove when thoroughly dry but not brown. Store at room temperature in airtight containers.



Vidalia Onion Recipes

Creamy Onion Dressing

- 1 small Vidalia Onion, chopped
- ½ cup plain low-fat yogurt
- ¼ cup chopped parsley
- 3 tablespoons wine vinegar
- 2 tablespoons reduced-calorie mayonnaise
- 1 clove garlic, minced
- 1 teaspoon oregano
- ½ teaspoon ground white pepper
- ¼ teaspoon salt

Combine all ingredients in container of a food processor; top with cover and process until smooth. Cover and chill until ready to serve. Serve with any green salad.

Vidalia Onion Casserole

- ½ cup butter or margarine
- 4 medium Vidalia Onions sliced in ¼ inch rings
- 15 saltine crackers, crushed
- 1 can cream of mushroom soup
- 2 eggs beaten
- ½-¾ cup milk
- 1 cup shredded sharp Cheddar cheese

Melt butter in a large fry pan, sautee onions over medium heat until clear. Reserve 3 tablespoons of cracker crumbs for topping and place remaining crumbs in the bottom of a lightly greased 2 quart casserole. Remove

onions from pan with a slotted spoon. Add soup and onions in alternating layers until full. Combine eggs and milk, pour over onions. Top with cheese and remaining cracker crumbs. Bake at 350 degrees for 20-30 minutes or until brown and bubbly.
Serves 4-6

Greek Onions

- 3 Vidalia Onions
- 1 10 ounce package frozen chopped spinach
- 1 cup ricotta cheese
- ½ cup feta cheese
- 1 tablespoon Italian herbs
- ¼ teaspoon cayenne pepper
- 2 eggs, beaten
- 2 tablespoons flour
- ½ cup grated Swiss or Parmesan cheese
- 4 slices cooked bacon, crumbled

Slice onions into ½ inch slices; layer in bottom of 10 inch pie plate that has been prepared with non-stick vegetable spray.

Thaw, drain and squeeze all water from spinach. Mix next 7 ingredients together. Pour over onions. Top with grated Swiss or Parmesan cheese and bacon. Microwave, uncovered at high power for 10-15 minutes, turning dish, ¼ turn, every 3-4 minutes. Let stand 5 minutes before serving.
Serves 6

Marinated Vegetables

- 1½ cups broccoli flowerets
- 1½ cups cauliflower flowerets
- 2 large Vidalia Onions, cut in half and sliced
- 1 cup sliced yellow squash
- ¾ cup sliced carrots
- 2 cups boiling water
- 1 cup sugar
- ½ cup cider vinegar
- 1 cup mayonnaise
- 2 teaspoons celery seed
- 1 (14-oz.) can artichoke hearts, drained & quartered
- 2 cups cooked small shell pasta

Combine first 5 vegetables in a large glass bowl; set aside.

Combine water, sugar and vinegar, stirring to dissolve sugar. Pour hot mixture over vegetables. Cover and refrigerate for several hours.