
Bunching Onion 101

Also known as scallions...



2 KINDS OF BUNCHING ONIONS



Classic Green
White tips.



Purple
Purple outer skin. Inner core is white.

Tasting Notes:

Bunching onions, also known as scallions or the generic “green onion,” are so named because they are seeded in a bunch, so they can be easily pulled out in one clump. They are “bulbless” with a thin white hollow top which has a milder flavor than other onions. They also come in a purple-skinned variety.

How to Store:

The best way to store scallions is to chop off about three-quarters of the tender green tips. Afterwards, stand the scallions in an inch of water in a tall container and cover it loosely with a ziplock bag. Place in the refrigerator or leave on your counter, refreshing the water every 3 days.

How to Prep:

Pull the outer layer of skin off and cut the scallion roots off at the base. Also trim the green tops about midway up. Use the white portion and the green section that is light-colored and tender.

SCALLIONS

Amaryllidaceae

Nutritional Snapshot

- Great source of fibre
- Excellent source of vitamin K, C, A and folate
- The green parts are low FODMAP which will be less irritating to those who have IBS and other gut conditions

Medicinal Uses

- Allium vegetables may block cancer growth, especially in the stomach
- High enough concentrations can kill or slow the growth of salmonella or E. coli
- Fresh onion is packed with phytonutrients that protects the body against free radicals

Substitutes

Shallots, leeks, ramps, sweet onion, red or yellow onion, chives.

Best Uses:

Soups

Raw in veggie trays Stir fry

Roasted

Tacos

Grilled

Garnish a salad Slaws

Scallion Pancakes

Tomato salad

Casserole

Sandwiches

Salsa

Omelette or scrambled eggs

**Pickled
Salad dressing
Quiche or Frittata
Pan Sauce
Sushi**

**Fried Rice
Dip
Cold Noodle Salad
Grain Salad
Corn bread or biscuits**

How to Freeze Bunching Onions:

Use the flash freeze method. Chop the green onions to desired size. Place them into a freezer Ziplock baggie and freeze. You can also chop the green tops into one-inch sections, and freeze those separately. They are great for Asian soups and stir-fries.

Getting Overwhelmed?

Put Green Onions in Your Freezer Scrap Bag:

If you start getting overwhelmed with green onions, remember you can always put them into your “freezer scrap bag.” When this gallon-size Ziplock gets filled with veggie scraps, you can dump them all into a giant pot, add some salt and peppercorns and bay leaf, and bring to a boil/simmer for 2 hours to make some DIY vegetable broth.

Suggested Recipes:

Grilled Scallions

Adapted from Mark Bittman

Ingredients:

2 bunches scallions, trimmed, with a lot of greens still attached
3 T. extra virgin olive oil
salt and pepper
2 limes, 1 halved, 1 quartered
chopped fresh cilantro for garnish

Directions:

Heat charcoal or gas grill to moderately high heat and put the rack about 4 inches from the heat source.

Brush or rub the scallions with oil until well coated. Grill, turning once or twice, until deeply colored and tender, 5-10 minutes. Transfer to plate, sprinkle with salt and pepper, and

squeeze juice of the lime halves over all. Serve with garnished cilantro hot or at room temp.

Roasted Scallions, Mediterranean-Style:

Heat the oven to 400 F. Use lemons instead of limes and parsley instead of cilantro. After rubbing the scallions with oil, spread them out on a rimmed baking sheet and roast, turning once or twice, until lightly browned and tender, about 20 minutes.

Roasted Scallions, Asian-Style:

Great for sushi bowls or to garnish noodle and rice dishes. Heat the oven to 400 F. Instead of the olive oil, use a combo of 1 T peanut oil and 1 T. sesame oil; use 3 T. rice vinegar instead of the limes. After rubbing the scallions with oil, spread them out on a rimmed baking sheet and roast, turning once or twice, until lightly browned and tender, about 20 minutes.

Baked Potato Soup With Bacon, Green Onion & Cheddar

Adapted from www.TheKitchn.com

Makes 10-12 servings

Ingredients:

2 sticks unsalted butter
1 cup all-purpose flour
8 cups whole milk
5 large potatoes, baked and cubed (peeled, if desired)
2 pounds bacon, cooked and crumbled (about 2 cups)
3 cups shredded cheddar cheese
2 cups sour cream
1 bunch green onions, thinly sliced
1 tablespoon kosher salt
1 tablespoon ground black pepper
2 clove garlic, minced (optional)
1/4 cup grated Parmesan cheese (optional)

Directions:

Melt the butter in the bottom of a large pot over medium-high heat. Add flour and whisk to combine until thickened. Whisking continuously, slowly pour in the milk and whisk until mixture is smooth. Be sure to get the corners of the pan.

Add all of the remaining ingredients and lower the heat to medium. Stir occasionally until

the cheese is melted and the soup is warmed through.

Green Onion Pancakes with Spicy Soy Dipping Sauce

Adapted from The CSA Cookbook by Linda Ly

Makes 4 servings

Ingredients:

For the Dipping Sauce:

- 1/4 c. soy sauce
- 2 T. rice vinegar
- 1 t. sugar
- 1 t. toasted sesame seeds
- 1/2 serrano pepper, thinly sliced

For the pancakes:

- 2 c. all-purpose flour
- 1 1/2 t. kosher salt
- 2 c. cold water
- 1/4 c. sunflower oil, divided
- 1 bunch of scallions (reserve 1 for dipping sauce)

Directions:

Make the dipping sauce: combine all ingredients in a small bowl. Thinly slice 1 full stem of green onion and stir into sauce. Set aside.

Finely chop the green tops of the scallions and white parts.

Combine flour and salt in medium bowl. Whisk in the water until the batter is well blended and free of lumps.

Heat a medium skillet over medium heat, and coat the surface evenly with 1 T. of the oil. Spread 1/4 of the scallions across the hot skillet in a single layer, then pour 1 cup of the batter evenly over the onions. (It can be a free-form shape).

Fry until the edges of the pancake start to crisp and the bottom is golden brown, about 4 minutes. Gently flip the pancake and fry the other side until cooked through, about 2 minutes. Transfer to serving dish and cover, then repeat with 3 remaining batches. Serve warm with dipping sauce.

Green Onion Jalapeño Cornbread

Adapted from Bon Appetit, 2004

Ingredients:

3/4 cup all purpose flour
3/4 cup yellow cornmeal
1/4 cup sugar
1 1/2 teaspoons salt
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 cup thinly sliced green onions
1-2 teaspoons minced jalapeño chile with seeds
1 1/4 cups buttermilk
2 large eggs
1/4 cup (1/2 stick) unsalted butter, melted, cooled

Directions:

Preheat oven to 350°F. Butter 13x9x2-inch metal baking pan. Whisk flour, cornmeal, sugar, salt, baking powder, and baking soda in large bowl to blend. Stir in green onions and jalapeño. Whisk buttermilk and eggs in medium bowl to blend, then whisk in melted butter. Add buttermilk mixture to dry ingredients and stir just until blended (do not overmix).

Transfer batter to prepared pan (batter will come only about 3/4 inch up sides of pan). Bake cornbread until lightly browned on top and tester inserted into center comes out clean, about 25 minutes. Transfer pan to rack and cool cornbread completely in pan. (Cornbread can be prepared 1 day ahead. Cover tightly with foil and store at room temperature.)

Orecchiette with Sautéed Greens and Scallion

Sauce Adapted from FoodandWine.com

Ingredients:

3/4 pound orecchiette pasta
4 tablespoons unsalted butter
1 bunch of scallions, thinly sliced
3-4 garlic cloves, thinly sliced
3/4 cup dry white wine
Salt and freshly ground pepper
2 tablespoons extra-virgin olive oil
5 oz of baby arugula
6 large Swiss chard leaves, stems and central ribs discarded, leaves coarsely chopped
1/4 cup mascarpone cheese

Directions:

In a large pot of boiling salted water, cook the orecchiette until al dente. Drain, reserving 1/4 cup of the cooking water.

Meanwhile, in a medium saucepan, melt the butter. Add the sliced scallions and garlic and cook over low heat until softened, about 5 minutes. Add the white wine and cook over moderate heat until reduced by half, about 5 minutes. Add 1/2 cup of water and puree the mixture in a blender until smooth. Season the scallion sauce with salt and pepper.

Wipe out the pasta pot and heat the olive oil in it. Add the arugula and Swiss chard; cook over high heat until wilted, 5 minutes. Add the pasta, scallion sauce and the reserved pasta cooking water and simmer, tossing and stirring, until the sauce is thick, about 3 minutes. Stir in the mascarpone, season the pasta with salt and pepper and serve.

Chinese Cole Slaw Salad

from Trish Natvig

Ingredients:

1 lb. broccoli coleslaw
1 cup slivered almonds
1/2 c. sunflower seeds
2 bunches green onions, chopped
2 pkg ramen noodles soup (beef)

Dressing:

1 c. canola oil
1/2 c. sugar
1/3 c. cider vinegar
2 seasoning packets (from those Ramen noodle packs), beef

Directions:

Toast almonds and sunflower seeds at 350 F for 10 minutes.

Crush noodles from ramen soup and mix together.

Prepare dressing: mix oil, sugar, vinegar, and seasoning packs together and stir well.

Toss dressing with the slaw, green onions, ramen noodles and seeds/nuts about an hour before serving for best flavor.

Potato Scallion Frittata with Manchego Cheese

Adapted from FoodandWine.com

Ingredients:

1/4 cup plus 2 tablespoons extra-virgin olive oil
1 white onion, finely chopped
1 bunch scallions, thinly sliced
2 cups thinly sliced cooked potatoes
18-20 large eggs
1 cup heavy cream
1 tablespoon kosher salt
1 teaspoon sweet smoked paprika
2 cups Manchego cheese, shredded

Directions:

Preheat the oven to 375 F. In a 12-inch, nonstick ovenproof skillet, heat 2 tablespoons of the olive oil. Add the onion and cook over moderate heat until softened, about 5 minutes. Add the scallions and potatoes and cook until heated through, about 2 minutes. Add the remaining 1/4 cup of olive oil and swirl to coat the pan with oil.

In a bowl, whisk the eggs with the cream, salt and paprika. Pour the eggs into the skillet, add half of the cheese and cook over moderate heat, stirring, until the side of the frittata begins to set, about 2 minutes. Using a spatula, lift the side of the frittata away from the pan to allow the uncooked egg to seep underneath. Cook over moderate heat until the side is browned, about 6 minutes.

Sprinkle the top with the remaining cheese and bake the frittata for about 14 minutes, until set. Turn on the broiler and broil the frittata for 1 to 2 minutes, until the top is lightly browned. Slide the frittata onto a large plate and let stand for 5 minutes. Cut into wedges and serve warm or at room temperature.

Pickled Green Onions

Adapted from www.theeasyhomestead.com

Ingredients:

3 Cups Filtered Water
1.5 Cups White Distilled Vinegar

1.5 Tablespoons of Salt
20-30 Green Onions (4-5 bunches)
1/2 teaspoon Whole Black Peppercorns
1/2 teaspoon Mustard Seeds
1/2 – 1 teaspoon Dried Dill (depending on taste)
1/2 teaspoon Crushed Red Pepper (optional)

Directions:

Heat water, vinegar, and salt in medium saucepan over med-low heat until all salt is dissolved. Set aside and let cool until ready to use.

While water, vinegar, and salt are coming to a boil cut the ends off of the green onions. Cut the tops off of the green onions right where it starts to look like a ‘fork in the road.’ Save these for fresh chives.

Add peppercorns, mustard seeds, dried dill, and crushed red pepper (optional) to a 1 quart mason jar. Stuff the cut onions into the jar. Pack them in tight.

Pour liquid from the saucepan over the onions. Leave about 1 inch headspace. Liquid should still be a little hot/warm. You want this so it cooks the onions a bit. Let cool to room temperature. Put a lid on it and stick it in the fridge. Pickles will be ready in 12 hours but the best flavor is 3-7 days!

* If you like it hot add crushed red pepper.

* If you like to taste a lot of dill then add 1 teaspoon. Little dill 1/2 teaspoon.

* Stays good for up to one month in the fridge.

Onion Scallion Beef Stir Fry

Adapted from www.rasamalaysia.com

Serves 2

Ingredients:

8 oz beef tenderloin, thinly sliced
2 1/2 tablespoons cooking oil
3 stalks scallion, cut into 2-inch strips
1/2 onion, sliced
3 cloves garlic, thinly sliced

Marinade:

1 teaspoon cornstarch

1 teaspoon soy sauce

1 teaspoon dry sherry

Sauce:

2 teaspoons oyster sauce

2 tablespoons soy sauce

1/2 teaspoon dark soy sauce

3 dashes white pepper powder

1/4 teaspoon sesame oil

1 tablespoon sugar or to taste

Salt to taste

Directions:

Marinate the beef slices with all the ingredients in marinade for 10 minutes.

Heat up a wok with 1 tablespoon of oil and stir-fry the marinated beef until they are half done. Dish out and set aside. Drain the bloody water from the beef.

Heat up the remaining oil and stir-fry the garlic and onion until aromatic. Add the beef back into the wok and do a few quick stirs before adding the Sauce. Continue to stir-fry until the beef slices are completely cooked, then add the scallions into the wok. Do a few quick stirs, add salt and more sugar to taste, dish out and serve hot with steamed rice.