

WHICH ONION IS BEST?

Your simple guide to choosing the proper onion for every instance.



WHITE ONION

CRUCHIEST AND SHARPEST ZING

Use For:

- salsas
- chutneys
- stir-fries



RED ONION

BEST FOR EATING RAW

Use For:

- guacamole
- pickled onions
- salads
- sandwiches



SHALLOT

MILDER AND MORE SUBTLE

Use For:

- vinaigrettes
- garnishes



SWEET ONION

BEST FOR FRYING

Use For:

- onion rings
- gratins
- roasted vegetables



GREEN ONION/ SCALLIONS

BEST FOR ZEST

Use For:

- garnishes
- savory baking



YELLOW ONION

BEST ALL-AROUND COOKING ONION

Use For:

- sauces
- soups
- stews