

# VIDALIA ONIONS, FULLY



**THE COOKFUL**

*Edited by Lyndsay Burginger and Christine Pittman*

# Vidalia Onions, Fully

**W**e're nearing the end of the summer, which also means we're nearing the end of Vidalia Onion season. There are only a few weeks left to stock up on Vidalia onions before they're gone til next year, so be sure to head to your local retailer and get your hands all over some. And then once you've got them, flip through our Vidalia onion ebook. We've got so much fantasticness to share with you.

If you don't know what Vidalia onions are, I'm going to fill you in here. They're Georgia's official state vegetable, a sweet onion that must be grown in a certain region of Georgia. By law. Yes, really. It is Georgia state law and is in the U.S. Code of Federal Regulations. To be a Vidalia onion, to be called that, it must be grown in the legally designated region. They're called Vidalia onions because the city of Vidalia, Georgia is in the area.

These onions are exceptionally sweet due to the low amount of sulfur in the soil where they're grown. They're a fantastic onion for slicing and eating raw on salads and chopped on burgers, hot dogs and sandwiches. They're also amazing to cook with. You can use them in place of regular onions in any recipe but they're especially delicious in recipes where onions are featured more prominently. Think, blooming onions and onion rings. Oh yeah.



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In this ebook you'll find recipes, tips, How To's and so much more, all about these deliciously sweet Vidalia onions so that you can make the most of them while they're available

Have a Sweet August!

Christine



**THE COOKFUL**

# Table of Contents

Vidalia Onion Committee .....	6
Vidalia Onion Shopping Guide .....	7
Baked Blooming Vidalia Onion with Sweet Sriracha Sauce .....	9
Vidalia Onion, Pomegranate and Goat Cheese Salad .....	12
How to Bake Vidalia Onions .....	14
French Onion Soup with Vidalia Onions .....	17
Flatbread Salad with Buffalo Chicken and Grilled Vidalia Onions .....	19
How to Store Onions So They Stay Fresh For Months.....	21
How to Store Onions .....	22
Vidalias: The Champagne of Onions .....	23
Which Method is Best for Caramelizing Onions? .....	25
Potato Salad with Sausage, Vidalia Onion and Fennel .....	29
Hot Dog Sliders Topped with Peach and Vidalia Salsa .....	31
Vidalia, Sausage and Apple Kebabs.....	33
How to Microwave Whole Onions .....	35

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# Table of Contents (cont'd)

The Annual Vidalia Onion Festival .....	37
Banh Mì Tacos with Vidalia Onion Slaw .....	39
101 Vidalia Onion Recipes .....	41
Contributors .....	44
About The Cookful .....	45



## A huge thanks to the Vidalia Onion Committee for sponsoring this ebook!



Vidalia Onions are available from late April through early September in grocery stores across the country. The season is short and sweet just like the delicious onions themselves, so make sure you look for them in your local retailer and learn more at [www.vidaliaonion.org](http://www.vidaliaonion.org).

**Disclosure:** This ebook is sponsored by the Vidalia Onion Committee. All opinions are ours and honest.



# Vidalia Onion Shopping Guide

*By Lyndsay Burginger*

*Show off your love of Vidalia onions with all these neat gadgets and gizmos made for you and your favorite onion.*

Call me an onion hoarder. I got bags and bags of them in my house. My family's eyes are constantly tearing up as I chop and dice pounds and pounds of them (just because of how beautiful these Vidalia onions are).

The first thing I do when I bring my Vidalia onions home from the store is place them in **sheer pantyhose**. That's right! This lets air get around the onions and keeps them dry and fresh for longer.

Next, I decide what I want to make with my delicious onions. Perhaps some French onion soup, I'll need a **French onion bowl** to do the job right. Or maybe I'll microwave a whole onion using my **microwave onion cooker**.

# Vidalia Onion Shopping Guide

*Continued from previous page*

Hmm, no, not microwaved onions, I'm feeling a bit more adventurous. While I could use a **cutting board** and a **chef's knife** to make some blooming onions, I think a **blooming onion cutter** will make it a lot easier.

Wait, I've got it!

Grilled onions! Get **flat skewers** so that onion wedges don't spin once they're skewered.

If I only cut up half of a Vidalia onion, I can use a handy **onion saver** to keep my Vidalia fresh in the fridge.

Onion fashion is in. Yea, that's right, cutting onions is now a fashion statement. I like to wear **onion goggles** when I chop my onions to prevent tears from forming in my perfectly mascaraed eyelashes. Pair it with an adorable **onion oven mitt** and you've got an unforgettable look! (Key word: unforgettable... please do not wear these out in public.)

[CLICK HERE TO SEE OUR FAVORITE ITEMS FROM THIS SHOPPING LIST!](#)



# Baked Blooming Vidalia Onion with Sweet Sriracha Sauce

By Lyndsay Burginger

*Crikey! Baked blooming Vidalia onions are a healthy alternative to the restaurant version. Plus I can't get enough of this sweet Sriracha sauce!*

The blooming onion is a staple at the down under restaurant, Outback Steakhouse. However, did you realize that one of these bad boys can weigh you down with over 800 calories! That's a lot of calories to burn snorkeling in the Great Barrier Reef. (However, let's face it, I would love to spend days snorkeling the reef).

Our baked version is not only healthier, it's sweeter because we used Vidalia onions.

First, you take your sweet Vidalia onion and cut it into sections to get that blooming onion petal effect (see directions in the recipe below). Then you dip it in some beaten egg and sprinkle it with seasoned panko breadcrumbs.

# Baked Blooming Onion

*Continued from previous page*

To cook it, wrap it gently in aluminum foil and bake until fairly tender. Open up the foil and bake some more so that the panko crumbs get nice and toasty brown.

And let's not forget our sweet chili and sriracha sauce. It's creamy from a bit of mayonnaise, spicy from a blast of Sriracha and it has a hint of sweetness from the sweet chili sauce. Win win win.

**Yield:** 2 servings

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

## Ingredients:

4 tsp. olive oil, divided  
2 medium Vidalia onions  
2 eggs  
1/4 cup milk  
1 Tbsp. Dijon mustard  
3/4 cup Panko breadcrumbs  
1/2 tsp. salt plus a pinch  
more, divided  
1/2 tsp. coarse black pepper  
1/4 cup mayonnaise  
2 tsp. sweet chili sauce  
1 tsp. Sriracha Sauce  
1/4 tsp. lemon juice

1. Preheat oven to 400°F.
2. Tear off two 12" pieces of aluminum foil and place them side by side on a large baking sheet. Using 1/2 tsp. of the olive oil per piece, lightly oil the center of each.
3. Cut off top 1/2 inch (not the root) of an onion. Peel off the papery layer down to root (if paper layer is hard to get off, roll onion, pushing down with medium pressure, first). To remember as you proceed: All remaining cuts will end 1/2 inch above the root. With onion root-side-down, cut onion in half starting at top and moving knife down towards root, being sure to stop 1/2" above the root. Then make a second cut, also ending 1/2" above the root, that splits each half in two. This yields 4 quarters held together by the root. Repeat these cuts twice more, splitting the 4 quarters to yield eighths and then splitting again to yield sixteenths. Use fingers to gently pull apart layers of each sixteenth. Repeat with second onion.
4. In a medium bowl, mix eggs, milk and mustard. In a separate bowl, combine breadcrumbs, 1/2 teaspoon of salt, pepper and 3 teaspoons of olive oil. Mix until all breadcrumbs are moistened.
5. Put an onion root-side-up in egg mixture. Flip. Use a spoon to scoop egg amongst the petals. Flip and lift out onion, shaking off excess egg mixture. Place onion root-side-up in breadcrumbs. Press down lightly. Flip and sprinkle 2 tablespoons of breadcrumbs in among the petals.

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# Baked Blooming Onion

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6. Place onion on a piece of foil. Repeat with second onion, placing it on second piece of foil when done.
7. Bring the foil up gently around each onions so that breadcrumbs are not dislodged. Seal foil completely over tops of onions.
8. Bake onions for 15 minutes. Unwrap foil and push it down towards pan. Bake until breadcrumbs are mostly well-browned and even slightly blackened on one or two petals, 14-17 minutes.
9. Meanwhile combine the mayonnaise, sweet chili sauce, Sriracha, lemon juice and a pinch of salt in a small bowl. Refrigerate until ready to serve with the hot blooming Vidalia onions.



## Vidalia Onion, Pomegranate and Goat Cheese Salad

By Lyndsay Burginger

*Simplicity is key with this Vidalia Onion, pomegranate and goat cheese salad. Marinated Vidalia onions are so sweet they pair side by side with delicate flavors like goat cheese.*

Dear Salad greens,

It's me. It's been awhile, I know.

I love you in all your green goodness but I believe it's time to add some really unique flavors to you. Like Vidalia onions, pomegranates and goat cheese.

No, don't fret! These Vidalia onions are naturally sweet so they won't over power you. And I've even marinated them in cider vinegar and a little dab of sugar to make them even sweeter.

# Vidalia Onion, Pomegranate and Goat Cheese Salad

*Continued from previous page*

Plus the marinating liquid plays double duty as a dressing. Think of it as a little black dress. Versatile and oh so stunning.

Little bites of pomegranate seeds add a great crunch and the goat cheese adds a smooth creaminess.

Let's dress you up a little bit salad greens, you deserve to be shown off.

Love from Me ;)

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

## **Ingredients:**

3 tbsp. cider vinegar, divided  
salt

coarse black pepper

2 baby Vidalia onions,  
trimmed of tops and root  
end

3 tbsp. olive oil

1/4 tsp. granulated sugar

10 ounces dark salad greens  
(baby spinach or a mix  
including baby kale is  
perfect)

8 ounces of plain soft  
goat cheese, at room  
temperature

2 cups of pomegranate  
seeds\*

1. In a medium-sized bowl combine 2 tablespoons of the cider vinegar with 1/8 teaspoon of salt and 1/8 teaspoon of pepper. Thinly slice the onions and stir them with the vinegar mixture until they're thoroughly coated. Set aside for 20 minutes. Proceed with the recipe or cover and refrigerate for up to 12 hours.
2. To the onions add the olive oil, the remaining 1 tablespoon of cider vinegar, a pinch of salt, a pinch of pepper and the sugar. Stir to combine.
3. Divide the salad greens between 8 medium-sized plates. Use a fork to lift about 1/4 cup of the marinated onions out of the liquid and onto each plate. Drizzle each serving with 1 tablespoon of the juices from the bowl. Top each salad with 1 ounce of the goat cheese divided into 4-5 pieces. Finish by sprinkling each salad with 1/8 of a cup of pomegranate seeds.

*NOTE: If you can't get your hands on pomegranate seeds, swap them out for fresh raspberries. They have a similar sweet tang that will go fantastically with the sweet Vidalia onions and goat cheese.*



# How to Bake Vidalia Onions

*By Maria Siriano*

*If you got it, flaunt it. Show off your Vidalia onions as the star of the show by baking them and serving as a gourmet side dish.*

Baked whole Vidalia onions are a super simple side dish with a flavor reminiscent of French onion soup. And the gourmet presentation can't be beat! Our instructions are for one onion, but you can easily bake up to six onions on the same baking sheet for an impressive dinner party spread.

# Baked Vidalia Onions

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**Step 1:** First, preheat your oven to 350°F. Peel your onion, leaving the root intact. If your onion sits level, you can leave it alone. If not, cut a thin slice off the root to create a flat bottom.



**Step 2:** Use a paring knife to cut a 1-inch deep cone into the top of the onion.



**Step 3:** Insert a vegetable, chicken, or beef bouillon cube into the hole.



**Step 4:** Fill the rest of the hole with butter, about 1-2 tablespoons. Season with salt and pepper.



**Step 5:** Place the filled onion on a sheet of foil large enough to encase it. Wrap the onion in foil, bringing the edges up in the center. Twist the foil together to seal the onion in. Place the foil-wrapped onion on a baking sheet.



**Step 6:** Bake for 45-60 minutes, until the onion is tender. Serve warm.

# Baked Vidalia Onions

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**Yield:** 1 serving

**Prep Time:** 5 minutes

**Cook Time:** 45 minutes

**Total Time:** 50 minutes

**Ingredients:**

1 Vidalia onion

1 vegetable, chicken or beef  
bouillon cube

1-2 Tbsp. butter

1. Preheat your oven to 350°F. Peel your onion, leaving the root intact. If your onion sits level, you can leave it alone. If not, cut a thin slice off the root to create a flat bottom.
2. Use a paring knife to cut a 1-inch deep cone into the top of the onion.
3. Insert a vegetable, chicken, or beef bouillon cube into the hole.
4. Fill the rest of the hole with butter, about 1-2 tablespoons. Season with salt and pepper.
5. Place the filled onion on a sheet of foil large enough to encase it.
6. Wrap the onion in foil, bringing the edges up in the center. Twist the foil together to seal the onion in. Place the foil-wrapped onion on a baking sheet.
7. Bake for 45-60 minutes, until the onion is tender. Serve warm.



# French Onion Soup with Vidalia Onions

By Christine Pittman

*There's no better way to showcase the sweetness of Vidalia onions than with French onion soup. It's a quick soup too. You're gonna love this. Slurp!*

Usually French onion soup requires that you slowly cook onions for a long time to caramelize them and develop their sweetness. If you use Vidalia onions instead of regular onions though, you can speed up the cooking process by quite a bit. This is because Vidalia onions are already very sweet and so they don't require that caramelization. Good deal, right?

This French onion soup has all the delicious sweet onion flavor of the classic version but it's ready in way less time. You're going to love it!

# French Onion Soup with Vidalia Onions

*Continued from previous page*

**Yield:** 4-5 servings

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Ingredients:**

4 Tbsp. unsalted butter  
3 large Vidalia onions, divided  
1 and 1/2 tsp. brown sugar,  
divided  
salt  
coarse black pepper  
6 cups low or no-sodium  
beef broth  
3 sprigs fresh thyme  
baguette or other white  
bread  
5 oz. Gruyere cheese  
1 cup red wine

1. Cut the butter into small pieces and put it into a very large skillet over medium heat. Peel and slice one Vidalia onion. Add it to the skillet. Increase heat to medium-high. Add 1/2 teaspoon of the brown sugar and a pinch of salt and of black pepper. Stir. Peel and slice a second onion. Add it to the skillet with another 1/2 teaspoon brown sugar and some salt and pepper. Stir. Repeat with final onion. Cover skillet. Continue to cook over medium-high heat, stirring occasionally, until well-browned and very soft, 10-11 minutes.
2. Meanwhile, preheat the broiler. Pour the beef broth into a large pot or Dutch oven over high heat. Add 1 teaspoon of salt and the thyme. Cover and bring to a boil. Reduce to a simmer.
3. While the broth is heating, slice the bread into 4-5 slices. Put in a single layer on a baking sheet and put it under the broiler until it is toasted. Shred the cheese. Remove toast from broiler. Flip slices over. Top each with some of the cheese. Return it to under the broiler until cheese is melted.
4. When the onions are well-browned, add the wine to them. Stir it until most of the wine has evaporated. Add the onions and wine to the hot broth. Taste and add salt and pepper if needed.
5. Ladle soup into bowls. Top each serving with a slice of cheese toast.



# Flatbread Salad with Buffalo Chicken and Grilled Vidalia Onions

By Lyndsay Burginger

*Yes, you can use flatbread as a base for your salad. And yes! It's absolutely divine topped with buffalo chicken and grilled Vidalia onions.*

Can we just talk about how much I love the harmony between grilled Vidalia onions+ flatbread + buffalo chicken?

It's the ultimate Olympic viewing food. Watching the diving, swimming or even the track and field.

Today's recipe for a Flatbread Salad with Buffalo Chicken and Grilled Vidalia Onions epitomizes all that is great about these onions. They're a salad onion that is sweet and delicious on any salad. And they're fabulous grilled too. Here they're grilled AND put on a salad.

First we have to start off with the chicken and Vidalia onions. Toss them in a little bit of buffalo sauce and pop them on the grill. When they're all grilled, sprinkle cheese on your flatbread

# Flatbread Salad

*Continued from previous page*

and place it on the grill. Once the cheese is melted to gold medal standards, top with salad greens, carrots and celery, the grilled chicken and onions and then some ranch dressing.

Serve it up as an appetizer to share with friends. First one to finish their plate gets a gold medal!

**Yield:** 2 servings

**Prep Time:** 10 minutes

**Cook Time:** 18 minutes

**Total Time:** 28 minutes

## Ingredients:

1 medium Vidalia onion  
5 Tbsp. Buffalo Wing Sauce,  
divided  
2 boneless skinless chicken  
breasts (1/2 lb. total)  
2 naan breads (9-inch) or  
pre-baked pizza crusts  
1 tsp. olive oil  
1/2 cup shredded cheddar  
cheese  
4 cups salad greens  
1 carrot, peeled and then  
shredded using a potato  
peeler  
1 stalk celery, thinly sliced  
4 Tbsp. ranch dressing

1. Preheat a grill to medium-high heat.
2. Trim the ends off of the Vidalia onion and peel it. Slice onion into three thick slices. Keep rings intact. Brush onion slices with 1 tablespoon of the wing sauce.
3. Brush each chicken breast with 1 tablespoon of wing sauce.
4. Grill the three onion slices and the chicken breasts over direct heat, flipping occasionally, until chicken is cooked through and onion slices are blackened, 12-15 minutes. Do not turn off grill.
5. Use the remaining 2 tablespoons of wing sauce to brush the chicken and onions again. Let rest while preparing flatbreads.
6. Oil one side of each flatbread with 1/2 teaspoon of olive oil. Put flatbreads oil side down on the grill. Top each with 1/4 cup cheese. Grill just until bottom is starting to brown and cheese is melted, 3-4 minutes.
7. Cut each flatbread into 8 wedges and arrange each set of 8 on a plate.
8. Slice chicken into 1/2 inch slices. Separate onions into rings, discarding outer rings if they are very blackened. Top each plate of flatbread wedges with 2 cups of salad greens, half of the carrot, half of the celery, 2 tablespoons of ranch dressing and half of the chicken and onion rings.

# How to Store Onions So They Stay Fresh For Months

By Christine Pittman

*Stop your cryin'! Keep your onions fresh with some of our favorite tips on how to store them.*

Vidalia onions come to maturity during shorter days than other onions. They're grown as a winter crop with a harvest that begins in Spring and ends at the end of August. They're therefore only available for a short time. And that short time is now! Because they're only available for a short time, if you want to have them for awhile, and of course you do since they're so sweet and good, then you need to store them properly to keep them dry and fresh.

So here's what you need to do. You need to go to the grocery store and stock up on these sweet onion treats while they're available.

Once you have your bags of onions in your house, then what do you do? No worries. I've got three tips for storing onions that will keep them fresh for a nice long time.



## ONION STORAGE TIP #1

One of the best places to store onions is in the refrigerator: Wrap each bulb individually in paper towels, which will help absorb moisture, and place them in the crisper with the vents closed. A few will naturally go bad, but many will keep for months. If you buy a big bag of Vidalia onions at the end of the season you should have them through the holidays. What a treat!

# How to Store Onions

*Continued from previous page*

## ONION STORAGE TIP #2

Store onions in the legs of clean, sheer pantyhose. Yes, really. This is a pretty cool trick. What you do is tie a knot in between each onion. This keeps them separate from each other and lets air circulate around them so that they stay dry. Whenever you want to use an onion, cut above the next knot and pop one out. Hang your hose-strung onions in a cool, dry, well-ventilated area.

## ONION STORAGE TIP #3

Don't store onions with potatoes. It make the onions go bad quicker.

There you are. Three great tips so that you can buy a whole whack of Vidalias now and keep enjoying them through the months ahead. Yum!



# Vidalias: The Champagne of Onions

*By Christine Pittman*

*Book your next plane ticket to the small town of Vidalia, Georgia. The only place in the world that can grow Vidalia onions!*

You've probably heard before that only sparkling wine from the Champagne region of France can correctly and legally be called Champagne. Vidalia onions are the same, except they have to be grown in a certain specific region of Georgia. It is Georgia state law and in the United States Code of Federal Regulation that only onions grown in that region can be called Vidalia onions.

The region of Georgia where Vidalias are grown is in the Southeast part of the state. The city of Vidalia is in that area and that is how the onions got their names. The counties that are allowed to call their onions Vidalias are Emanuel, Candler, Treutlen, Bulloch, Wheeler, Montgomery, Evans, Tattnall, Toombs, Telfair, Jeff Davis, Appling, and Bacon as well as some portions of Jenkins, Screven, Laurens, Dodge, Pierce, Wayne, and Long.

# Vidalias: The Champagne of Onions

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In addition to being grown in the correct area, Vidalia onions also need to be of a certain variety, a yellow granax hybrid. They can be grown in other places but Vidalia onions' mild sweet flavor is due to the unique combination of soils and climate found in Southeast Georgia. If you plant one of these seeds somewhere else, it won't end up as sweet.

And we want them to be sweet. So sweet. So good. Vidalias, they're the Champagne of onions for sure!



# Which Method is Best for Caramelizing Onions?

By Maria Siriano

*Love to caramelize Vidalia onions but don't know which method is best? Have no fear, we tried out four different methods, from pressure cooking to the classic stovetop to help you decide which method is best!*

We all know that caramelized onions make pretty much everything better, from burgers to pizza to quesadillas. But is it really necessary to hover around the stove for an hour to get perfectly soft, deep brown, sweet and savory onions? We put four methods to the test to see how you can get the best caramelized onions, hopefully without the need to play onion guardian.

# Caramelizing Onions

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## METHOD 1: CLASSIC STOVETOP

This tried and true method will yield you perfect caramelized onions. It gives you a lot of control, since you can stop when the onions are light blonde or keep on cooking for a deeper color and flavor. The downside is it takes a lot of time (45–75 minutes) of hovering over a stove with a watchful eye.

### Ingredients:

- + 2 tablespoons of olive oil
- + 2–3 sweet Vidalia onions cut in half lengthwise, then sliced 1/8- to 1/4-inch thick
- + 1/4 cup red or white wine, beer, broth, balsamic vinegar, or water for deglazing
- + Salt and pepper, to taste

### Directions:

1. In a large stainless or cast iron skillet, heat the oil over medium heat until shimmering. Add the onions and stir to coat them with oil. Stir the onions every 10 minutes for the first 30–40 minutes.
2. Once the onions start to deepen in color, stir them more frequently to ensure no onions burn at the bottom. Somewhere between the 40 and 75 minute marks, your onions will achieve a deep brown color and will be fully caramelized.
3. Once they are browned and have achieved a flavor you like (yes, taste testing is recommended!), add your deglazing liquid and quickly scrape up the fond from the bottom of the pan. Add salt and pepper.

## METHOD 2: PRESSURE COOKER

Developed by Kenji at [Serious Eats](#), this pressure cooker method has an advantage because it cuts the cook time in half. However, the resulting onions have a less complex flavor than true caramelized onions and are more jam-like in consistency.

### Ingredients:

- + 2 tablespoons of olive oil
- + 2–3 sweet Vidalia onions, cut in half lengthwise, then sliced 1/8- to 1/4-inch thick
- + 1/4 teaspoon baking soda (optional, for extra browning)
- + Salt and pepper, to taste

# Caramelizing Onions

*Continued from previous page*

## Directions:

1. Add oil, onions, and baking soda (if using) to an electric or stovetop pressure cooker and stir to combine. Cook the onions for 3-5 minutes, until they soften slightly. (You can do this on the stove over high heat, or use the sauté/browning feature of your electric pressure cooker.)
2. Seal your pressure cooker and cook on high pressure for 20 minutes. Vent the pressure cooker to release the pressure, then remove the lid. The onions will have released quite a bit of liquid, so return the pressure cooker to high heat on the stove or use the sauté function to cook off the excess liquid, another 5-10 minutes, stirring frequently. Season with salt and pepper.

## METHOD 3: BAKING SHEET

While this technique is commonly seen on the internet as an “easy” way to caramelize onions, the results are pretty disappointing. The onions require frequent stirring and still take 45 minutes to obtain a good color. The onions dry out very quickly and have a tendency to burn at the edges. The onions range from tasting burnt to bland, and don't have the sweetness of caramelized onions.

## Ingredients:

- + 2-3 Vidalia onions cut in half lengthwise, then sliced 1/8- to 1/4-inch thick
- + 2 tablespoons of olive oil
- + Salt and pepper, to taste

## Directions:

1. Preheat your oven to 400°F. Line a baking sheet with foil and spread the sliced onions evenly onto the baking sheet. Drizzle with oil and season with salt and pepper, then toss the onions to coat.
2. Spread the onions back out and place the baking sheet into the oven. Cook the onions for 30-45 minutes, stirring every 5 minutes. Remove the onions once they are translucent and golden brown. A longer baking will result in more deeply flavored onions, but the edges will become charred.
3. Remove from the oven, and fold the foil inward to create a sealed packet. Rest for 5-10 minutes to steam the onions before serving.

# Caramelizing Onions

*Continued from previous page*

## METHOD 4: DUTCH OVEN

These onions were nearly indistinguishable from the stovetop onions in both appearance and flavor, and also required less babysitting. They still take about 45 minutes to cook, but they only need stirred every 15 minutes. This is our winner for alternative methods!

### Ingredients:

- + 2 tablespoons of olive oil
- + 2-3 sweet onions, such as Vidalias, cut in half lengthwise, then sliced 1/8- to 1/4-inch thick
- + 1/4 cup red or white wine, beer, broth, balsamic vinegar, or water for deglazing
- + Salt and pepper, to taste

### Directions:

1. Preheat your oven to 400°F. Combine the oil and onions in a nonstick Dutch oven. Cover the Dutch oven with a lid. Bake for 40-45 minutes, stirring every 15 minutes, until the onions are deep brown in color.
2. Remove the pan from the oven, add the deglazing liquid, and quickly scrape up the fond from the bottom and sides of the pan. Season with salt and pepper.



# Potato Salad with Sausage, Vidalia Onion and Fennel

By Lyndsay Burginger

*Spruce up potato salad with some sweet sausage, fennel and sweeeeet Vidalia onion.*

Summertime calls for picnics. And a perfect picnic requires a big bowl of potato salad. Or at least all the good picnics I've been too involved a large helping of potato salad.

This isn't your ordinary deli potato salad, you know the one with potatoes, celery and gobs and gobs of mayonnaise? Nah my friend, this is the supreme potato salad.

And you want to know the secret of this shining star of a salad? Vidalia onions.

Yessiree! They add a great crunch as well as a beautiful flavor to the potato salad. They are only available from April to early September so you better make this salad fast!

# Potato Salad with Sausage, Vidalia Onion and Fennel

*Continued from previous page*

**Yield:** 8 servings

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

## **Ingredients:**

1 Tbsp. olive oil

19 oz. mild Italian Sausage  
Links (such as Johnsonville),  
casings removed

4 Tbsp. lemon juice, divided

1/3 cup mayonnaise

2 Tbsp. dijon mustard

1/2 tsp. salt

1/4 tsp. coarse black pepper

6 cups cooked cubed  
potatoes, cooled

1 fennel bulb, trimmed (save  
the fronds for garnish) and  
shaved thinly

1/2 Vidalia onion, thinly sliced

1. Warm the olive oil over medium heat. Add the sausage links and use a wooden spoon to break apart the meat. Cook, stirring occasionally and breaking it all up some more, until it is crumbly and cooked through, about 6-7 minutes.
2. Meanwhile, in a small bowl combine 2 tablespoons of the lemon juice, the mayonnaise, dijon, salt and pepper.
3. Once the sausage is cooked, remove the pan from the heat and stir in 2 tablespoons of the lemon juice. Use a wooden spoon to stir and scrape up any browned bits of sausage from the bottom of the pan.
4. Put the potatoes and the cooked sausage (with any accumulated juices) into a large bowl. Add the shaved fennel and Vidalia Onion. Stir. Add the mayonnaise mixture and stir everything together.
5. Transfer the potato salad to a serving bowl and top with 1/4 cup of fennel fronds, torn apart with your fingers.



## Hot Dog Sliders Topped with Peach and Vidalia Salsa

By Lyndsay Burginger

*Sliders are the best. Why? Because you can eat so many of them without feeling guilty! Topped with a peach and Vidalia salsa, these sliders will slide into your next BBQ.*

Summer grilling season is still hot, hot, hot!

And what better way to celebrate a summer BBQ than with seasonal favorites of mine: Vidalia onions and Georgia peaches.

These hot dogs are seriously good. I do them as sliders for no other reason than that they're cute. Oh, and because it lets me justify eating more than one.

# Hot Dog Sliders

*Continued from previous page*

First, make a quick hot dog topping out of peaches, Vidalia onions, red chili, lime and cilantro. Cut your wieners in half (so you have two mini-wieners where before you had only one) and grill them. While they're grilling, you get ready to become Hot Dog Champion of the World by making another hot dog topping: mustard mixed with honey and chili powder. Nathan's better watch out.

When the wieners are nearly ready, split open some dinner rolls and spread on the honey mustard. Then top with wieners and the Vidalia onion and peach salsa.

**Yield:** 2 servings

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Total Time:** 25 minutes

**Ingredients:**

1 small Vidalia onion,  
chopped  
2 peaches, pitted and  
chopped into 1/4" cubes  
1 fresh red chili pepper,  
seeded and then minced  
1 tsp. lime juice  
2 Tbsp. chopped cilantro  
3 wieners  
3 dinner rolls  
3 Tbsp. yellow mustard  
1 Tbsp. honey  
1 tsp. chili powder

1. Preheat a grill to medium-high heat.
2. In a medium bowl combine Vidalia onion, peaches, chili pepper, lime juice and cilantro.
3. In a small bowl combine mustard, honey and chili powder.
4. Use a knife to split each wiener open lengthwise but do not cut all the way through. Cut each wiener in half widthwise to create 6 mini wieners.
5. Grill wieners over direct heat, flipping occasionally, until browned and starting to blacken at the edges, 9-12 minutes.
6. While wieners cook, make the mini hot dog buns: Set a dinner roll on a cutting board top-side-up. Cut it in half starting with knife on top of the bun and cutting down all the way through the bun. Lay each half cut-side-up and split through the middle, but do not cut all the way through, thus creating a mini split hot dog bun. Repeat with remaining buns.
7. Spread each bun with 2 teaspoons of the mustard mixture. Top with a wiener, split side up. Fill the split in the wiener with the Vidalia Peach Salsa.



# Vidalia, Sausage and Apple Kebabs

By Lyndsay Burginger

*In my opinion, food tastes 1000x better when it's served on a stick. And these Vidalia, sausage and apple kebabs live up to the expectation.*

Stick it on a stick and it tastes better. Proof: Cake pops, caramel apples, even corn dogs. It's portable which makes it the perfect thing to eat at a party, no need to juggle a plate in one hand and a glass of beer in the other. These sausage, Vidalia onion and apple kebabs are definite party food.

You first start off making a quick sauce of grainy mustard, honey, lemon juice and salt.

Then cut the Vidalia onions into wedges. Separate into layers so you can thread them onto the skewers more easily. Add on your sausage and apples and pour on your mustard sauce.

Vidalia onions taste great on the grill, especially with the addition of the robust mustard sauce. You'll be licking it off your fingers! Pop the skewers on the grill and wait for the stampede of happy party-goers. It's dinner time!

# Vidalia, Sausage and Apple Kebabs

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Total Time:** 30 minutes

**Ingredients:**

1/3 cup grainy mustard

1/4 cup honey

1 Tbsp. lemon juice

1/4 tsp. salt

1 medium Vidalia onion, cut  
into 8 wedges

8 6-inch skewers

12 oz. fully-cooked sweet  
apple and chicken

sausages, cut into 16 pieces

2 sweet apples, cut into 8  
wedges each

1. Preheat grill for direct cooking over medium heat.
2. In a small bowl combine the mustard, honey, lemon juice, and salt.
3. Divide the layers of each onion wedge so that you have two pieces.
4. Onto a skewer thread a piece of sausage, then an apple wedge, onion piece, sausage, apple onion. Put it into a 9"x11" pan. Repeat with remaining skewers and ingredients.
5. Pour mustard sauce over skewers.
6. Put skewers on grill. Grill on one side until undersides of sausages are blackened in spots and apples have some grill marks, 3-5 minutes. Flip and grill until undersides are browned as well, another 3-5 minutes.



# How to Microwave Whole Onions

By Maria Siriano

*Vidalia onions are so sweet you can eat them whole! But can you cook them fast? The test results are in: Microwaved Vidalia onions are great!*

If you love baked Vidalia onions but don't have an hour to wait (who does?!), you can get pretty close by cooking them in the microwave. Compared to their oven-baked counterparts, the microwaved onions aren't as strongly flavored, but they are virtually identical in texture. The microwave method is best for cooking just one or two onions, since most microwaves and/or containers can't fit larger quantities. Follow these easy instructions to have butter-soft onions in under 10 minutes!

# How to Microwave Whole Onions

*Continued from previous page*



**Step 1:** Peel your onion, leaving the root intact. If your onion sits level, you can leave it alone. If not, cut a thin slice off the root to create a flat bottom.



**Step 2:** Use a paring knife to cut a 1-inch deep cone into the top of the onion.



**Step 3:** Insert a vegetable, chicken, or beef bouillon cube into the hole.



**Step 4:** Fill the rest of the hole with butter, about 1-2 tablespoons. Season with salt and pepper.



**Step 5:** Place the onion in a microwave-safe container and cover with a lid. Microwave on high until tender, 6-8 minutes.



**Step 6:** Serve warm. Drizzle with the remaining liquid for extra flavor.



# The Annual Vidalia Onion Festival

*By Christine Pittman*

*Gather around Vidalia onion lovers! Join us as we discover new tastes around the annual Vidalia onion festival in Vidalia, Georgia.*

The Vidalia Onion Festival happens in Vidalia, Georgia every Spring at the very beginning of the Vidalia onion harvest. It's been going on for 39 years and 2017 will be a big 40th anniversary bash. The festival has been featured on the Food Network and was recognized as one of top 5 festivals in the United States by MSNBC. So you know it's gotta be pretty great.

There's fireworks, a big carnival, a craft show, pageants, cook-offs, a big concert, a Vidalia onion eating contest (yes, really!) and so much more.

I had the chance to go to the festival a couple of years ago. It was a blast. One of my favorite parts was the culinary competition. Chefs from Georgia restaurants gathered, cooked and competed with their best Vidalia onion recipes.

# The Annual Vidalia Onion Festival

*Continued from previous page*

It was really cool to walk from station to station and see what the various chefs were making and watch their onion expertise. It was definitely a fun event.

So if you're looking for something unique to do in the Spring, definitely consider making a trip over to the Vidalia onion festival. And make sure to get yourself a bag or two of onions while you're there!



## Banh Mì Tacos with Vidalia Onion Slaw

By Christine Pittman

*Turn this Vietnamese classic into a fusion dish filled with flavor. We added corn tortillas and topped with a Vidalia onion slaw.*

A Banh Mì is a Vietnamese sandwich served in a baguette. It's kind of a Vietnamese-French fusion thing that originated in Vietnam. We've added more fusion here by serving it in a taco.

The Banh Mì Tacos are an easy summer grilling recipe. They're perfect for a grill out with neighbors and friends. Oh wait, did somebody mention tailgating? You've got it!

First you make a mixture of maple syrup, soy sauce and Dijon mustard. Half of that goes onto skewers of sliced pork tenderloin. The other half gets a blast of cider vinegar and is used as a quick pickle dressing for slices of carrots, cucumber and sweet Vidalia onions. That's one of

# Banh Mì Tacos

*Continued from previous page*

the things I love about Vidalia onions, they're already so sweet then a quick dip in the pickle dressing makes them almost like candy.

After you get your veggies soaking in the quick-pickle liquid, grill the pork skewers and your corn tortillas.

To serve there's a really fast and friendly garlic-lime mayonnaise that you spread onto the tortillas. Top it with your grilled pork skewers and your Vidalia onion and veggie slaw (drain the liquid off first!).

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Total Time:** 30 minutes

## Ingredients:

1 pork tenderloin (approx. 1 and 1/4 lb.), silverskin trimmed off  
1/4 cup maple syrup  
1/4 cup soy sauce  
1/4 cup Dijon mustard  
1/4 cup cider vinegar  
2 small Vidalia onions, sliced thinly  
3 medium carrots, grated  
1/2 of an English cucumber, julienned  
8 corn tortillas (6" diameter)  
2 Tbsp. olive oil  
1/2 cup mayonnaise  
2 cloves garlic, minced  
1 tsp. lime juice  
Salt to taste

1. Preheat a grill to medium-high heat.
2. Cut the pork tenderloin in half widthwise. Cut each half into 8 equal lengthwise strips. Thread each strip onto a skewer and lay them in a single layer on a plate.
3. Make a marinade by combining the maple syrup, soy sauce and Dijon mustard. Pour half over the pork, turning to coat. Use the remaining marinade to make a slaw by stirring in the vinegar, Vidalia onions, carrots and cucumber. Refrigerate.
4. Grill the pork over direct heat flipping it over once or twice until cooked through, 7-10 minutes. While the pork cooks, combine the mayonnaise, garlic, lime and a pinch or two of salt. Remove pork from grill and cover with foil to keep warm.
5. Brush both sides of the corn tortillas lightly with the olive oil. Grill each side of the tortillas over direct heat just to warm through and until slightly browned, 1 minute per side. Stack tortillas on a plate and cover with foil to keep warm.
6. Assemble tacos by spreading each tortilla with the mayonnaise mixture, adding a pork skewer and then some of the Vidalia onion slaw. Remove skewer before eating.

*Photo courtesy of the Vidalia Onion Committee.*

# 101 Vidalia Onion Recipes

By Nicole Johnson

*I can't get enough onions, and Vidalias are my very favorite. These sweet Georgia onions are perfect for so many uses. From muffins to soup to salad dressing, these Vidalias are versatile and delicious. Here are 101 recipes that use this delicious ingredient.*

## The Cookful

1. [Baked Vidalias](#)
2. [Baked Blooming Vidalia Onion with Sweet Sriracha Sauce](#)
3. [Vidalia Onion, Pomegranate and Goat Cheese Salad](#)
4. [Classic Baked Whole Vidalia Onions](#)
5. [French Onion Soup with Vidalia Onions](#)
6. [Flatbread Salad with Buffalo Chicken and Grilled Vidalia Onions](#)
7. [Potato Salad with Sausage, Vidalia Onion and Fennel](#)
8. [Hot Dog Sliders Topped with Peach and Vidalia Salsa](#)
9. [Vidalia, Sausage and Apple Kebabs](#)
10. [Banh Mì Tacos with Vidalia Onions](#)

## Appetizers

11. [Vidalia Onion Strings](#)
12. [Pimento Cheese](#)
13. [Vidalia Onion Dip](#)
14. [Vidalia Onion Bake](#)
15. [Sweet Vidalia Onion Dip](#)
16. [Bacon Onion Rings](#)
17. [Baked Blooming Onion](#)
18. [Caramelized Onion and Mushroom Crostini](#)
19. [French Onion Dip Deviled Eggs](#)
20. [Baked Blooming Onion 2](#)
21. [Easy Guacamole](#)
22. [Healthy, Crunchy Onion Rings](#)
23. [Bleu Cheese Vidalia Onion](#)
24. [Saturday Night Vidalia Onions](#)
25. [Smokey Onion Kale Dip](#)

26. [White Cheddar and Vidalia Dip](#)

## Breads

27. [Southern-Style Focaccia](#)
28. [Caramelized Onion Focaccia](#)
29. [Vidalia Onion Cornbread](#)

## Casserole

30. [Caramelized Onion Casserole](#)

## Condiment

31. [Vidalia Onion Jam](#)
32. [Sweet Onion Marmalade](#)
33. [Vidalia Onion and Peach Relish](#)
34. [Caramelized Onion and Garlic Jam](#)

## Salad Dressing

35. [Vidalia Honey Vinaigrette](#)

# 101 Vidalia Onion Recipes

*Continued from previous page*

## Main Dishes

36. [Crispy Vidalia Sweet Onion Loaf](#)
  37. [Steak, Roasted Tomato, and Caramelized Onion Sandwich](#)
  38. [Stout Caramelized Onion Hand Pies](#)
  39. [Chicken Fried Steak Burgers with Vidalia Onion Gravy](#)
  40. [French Onion Chicken](#)
  41. [Steak Sandwiches with Caramelized Onions and Provolone](#)
  42. [Slow Cooker French Onion Chicken](#)
  43. [Grilled Peaches with Onion and Prosciutto](#)
  44. [Caramelized Pineapple Quesadillas](#)
  45. [Caramelized Onion and Portobello Mushroom Sliders](#)
  46. [Rosemary Pork Tenderloin with Roasted Vegetables](#)
  47. [Campfire Burgers](#)
  48. [BBQ Vidalia Onion Hot Dogs](#)
  49. [Bacon Wrapped and Stuffed Vidalias](#)
  50. [Chickpea Panzanella](#)
  51. [Vidalia Onion and Tomato Pie](#)
  52. [Grilled Honey Mustard Chicken Sausages](#)
  53. [Fettuccine with Salmon Dill Cream Sauce](#)
- ## Muffins
54. [Vidalia Onion Cheddar Bacon Pecan Muffins](#)
  55. [Vidalia Muffins](#)
- ## Pasta
56. [Roasted Tomatoes and Onion Pasta with Burrata](#)
  57. [French Onion Mac and Cheese](#)
- ## Salad
58. [Kañiwa + Quinoa Salad with Grilled Veggies](#)
  59. [Grilled Radish Salad](#)
  60. [Peach, Bacon, and Onion Salad](#)
  61. [Three Bean and Vidalia Onion Salad](#)
62. [Grilled Peach, Vidalia Onion, and Bacon Salad with Buttermilk Dressing](#)
  63. [Asian Cucumber Salad with Cilantro and Vidalia](#)
  64. [Grilled Peach and Vidalia Onion Salsa](#)
  65. [Peach and Onion Salsa](#)
  66. [Tomato Gazpacho Salsa](#)
  67. [Sweet Vidalia Onion Slaw](#)
- ## Side Dish
68. [Onion Rings with Spicy Dipping Sauce](#)
  69. [Tennessee Onions](#)
  70. [Cheese Grits with Corn and Vidalia Onions](#)
  71. [Marinated Grilled Sweet Onions](#)
  72. [Sweet Vidalia Onion and Bacon Packets](#)
  73. [Corn on the Cob with Caramelized Onion Butter](#)
  74. [Stuffed Vidalia Onions](#)
  75. [Vidalia Onion Gratin](#)
  76. [Baked Vidalia Onion Dip](#)
  77. [Mexican Shrimp and Grits with Vidalia](#)

# 101 Vidalia Onion Recipes

*Continued from previous page*

78. [Vidalia Onion Side Dish](#)

79. [Roasted Baby Vidalia Onions and Tomatoes](#)

80. [Southern Caramelized Vidalias](#)

81. [Vidalia Onion Casserole](#)

82. [Vidalia Onion Steaks with Sweet Italian Sausage](#)

83. [Yellow Squash with Vidalia Onions](#)

84. [Grilled Broccoli and Vidalia Onion with Pine Nuts and Parmesan](#)

85. [Soy Braised Onions](#)

86. [Quick Pickled Vidalia Onions](#)

## **Soups**

87. [Vegan Corn Vidalia Onion Soup](#)

88. [French Onion Soup](#)

89. [Chilled Vidalia Onion Soup](#)

90. [Asiago Broccoli Cheese Soup](#)

91. [Roasted Tomato and Vidalia Onion Soup](#)

92. [Vidalia Onion Soup](#)

## **Tarts**

93. [Sweet Onion Tart](#)

94. [Vidalia Onion Tart](#)

95. [Vidalia Onion Tart with Bacon, Honey, and Thyme](#)

96. [Caramelized Onion and Gruyere Tart](#)

97. [Tomato, Corn, and Vidalia Onion Tart](#)

98. [Rustic Vidalia Onion Tart](#)

99. [Vidalia Onion and Leek Tart](#)

# Contributors

Many thanks to our writers for this edition of *The Cookful*.



## Lyndsay Burginger, editor

» [cookandagoodbook.com](http://cookandagoodbook.com)

It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for *Cook and a Good Book*, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at *The Cookful*.



## Christine Pittman, editor

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Christine is the Founder and Senior Editor of *The Cookful*. She also blogs at *COOKtheSTORY* where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## Nicole Johnson

» [orwhateveryou.do.com](http://orwhateveryou.do.com)

Nicole has been blogging for 5 years at *orwhateveryou.do.com*, when not chasing her 7 kids around or working as Account Manager at Mediavine. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



## Maria Siriano

» [siftandwhisk.com](http://siftandwhisk.com)

Somewhere among the towers of batter-smearing mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, *Sift & Whisk*. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**