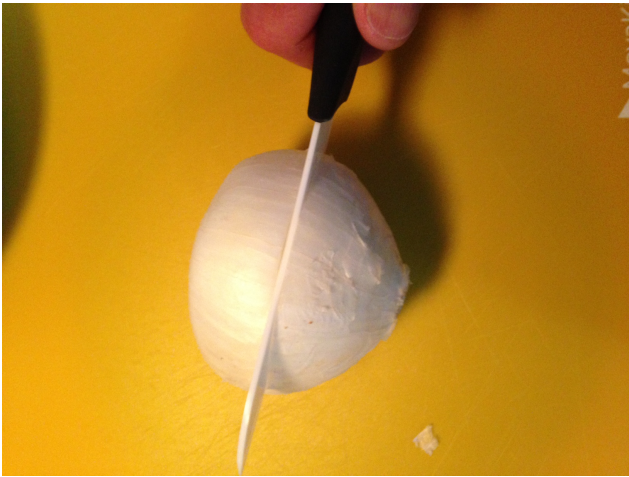


"Onion" in these recipes means white, diced, and sautéed - J. Overland

Heat kills the bacteria in the moist layers and sweetens (caramelizes) the onion.

1. Cut the onion in half.



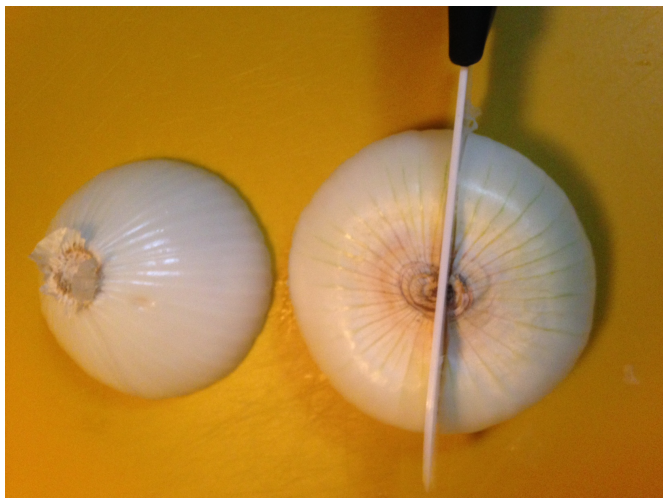
2. Make a shallow cut from side to side



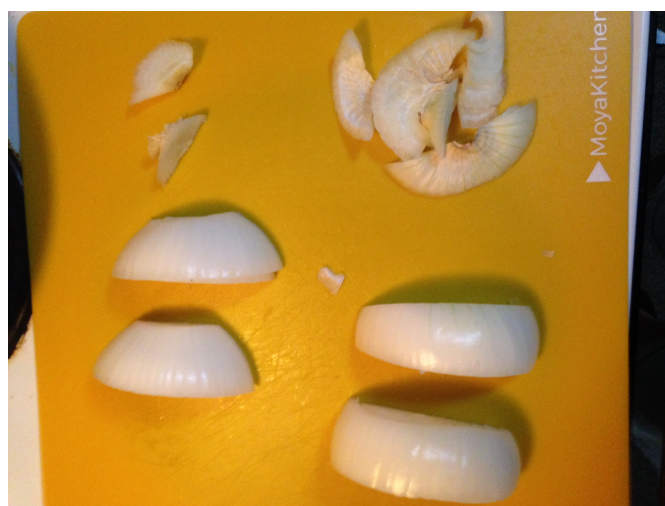
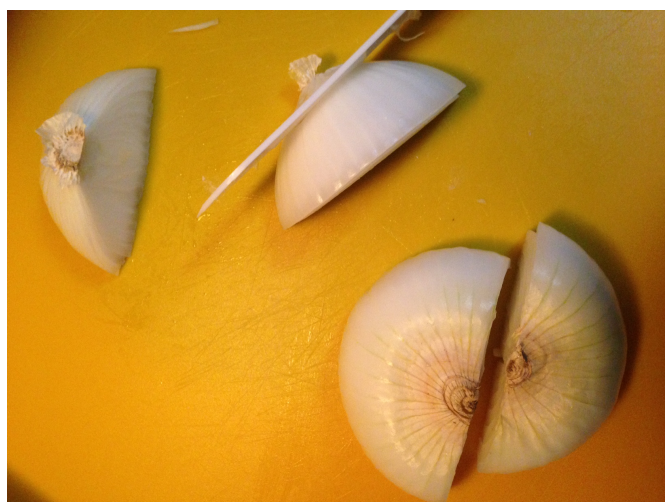
3. Peel the onion



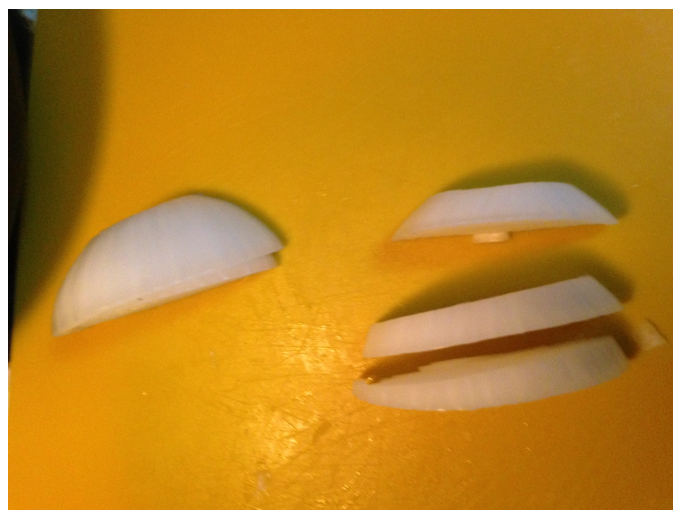
4. Cut onion in half by finishing shallow cut



5. Cut off the root end waste from the onion



6. Hold conic onion section with taper away from you and thumb safely behind the large end; start slicing.



7. Sandwich slices back together and start cross cut dicing.



8. Diced onion ready to sauté; finish breaking apart in fry pan.

