

The Power of the Onion

By John Rizzo

Never has there been such a versatile vegetable as the onion. It is said that the onion originated in Asia as early as 3500 BC; although it is very possible that it was growing all over the world at that time too. By the time the onion reached Egypt, it was worshiped as a symbol of eternity. Gold onion replicas have been found in the tombs of the ancient Pharaohs.

It's popularity later spread to ancient Greece, where athletes believed the onion gave them strength and stamina.

Later onions were used for medicinal purposes, believing that they ward off infections, cure chronic illness and even stop hair loss. Today, onions continue to be an important part of the culinary world as well as the medical field. Onions are loaded with antioxidants that may help prevent cancer and even heart disease.

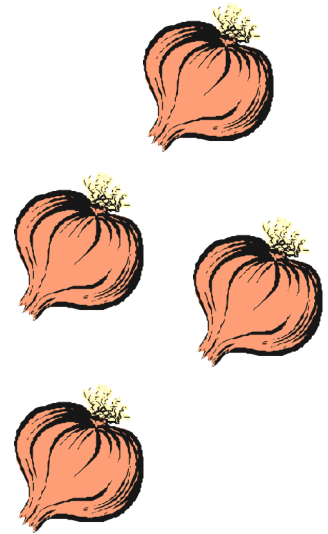
So unleash the power of the onion and spice up your daily diet with onion rich recipes.

Creamy Onion Soup

Yield: 6 -10oz bowls

Ingredients:

Onions, thinly sliced	5 Cups
Garlic, minced	1 tsp.
Flour	5 TBL
Margarine	5 TBL
Chicken Stock	4 Cups
Whole Milk, scalded	3.5 Cups
Sherry Wine	3 TBL
Parmesan Cheese	3 TBL
Scallions, Sliced thin	3 TBL
Salt and Pepper to taste	
Croutons	Garnish



Method:

Heat Margarine in a small skillet and add the flour; this makes a roux. Slowly cook the roux, occasionally stirring, for at least five minutes. Do not let it brown.

In a heavy saucepan, sauté the onions in a small amount of margarine until slightly golden; add the garlic and cook for one additional minute.

Add the chicken stock to the onions and garlic and cook for approximately one hour; add the sherry wine. Slowly whip the roux into the soup, stirring constantly. Let the soup come back to a simmer and cook for ten additional minutes. Add the scalded milk. Bring the soup to just below the boiling point then remove from heat; add the parmesan cheese and scallions; salt and pepper to taste.

Serve ten ounces in a hot bowl and top with toasted croutons.