

# Eat Spring Onion!

Spring onions can be used for so much more than just adding to your Peking Duck pancakes. When raw or very lightly cooked they impart a wonderfully vibrant yet mild flavour where normal onions would be overpowering. Make some champ by folding chopped spring onions into creamy mashed potatoes - add some grated cheddar if you like - and marvel at how such a simple dish can taste so fantastic. Or combine with ginger to form the soul of a number of classic Chinese and Japanese dishes.

Spring onions are now available throughout the year but the youngest and most tender onions are usually found in spring and early summer.

**HISTORY** - Onions have been used as a foodstuff since prehistoric times and were cultivated by the Egyptians, Greeks and Romans. References to spring onions occur in Chinese literature dating back over two thousand years.

**BOLOGY** - Spring onions are simply white onions harvested at a young age. They belong to the same family as garlic, leeks, shallots and chives.

**NUTRITION** - Good source of vitamins B and C, folate and fibre. Onions are relatively high in flavonoids, an antioxidant that is thought to protect against cancer and heart disease.

**BUYING** - The smallest, thinnest onions are the youngest and best. Choose onions with straight leaves and white bulbs.

**COOKING** - Scan the code below to view and download the recipe for **'Spring Onion Soup.'**



BRONZE

