

#174 SEPTEMBER 20, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



THIS WEEK EVERY BOX GETS OUR OWN ORGANIC ONIONS

Onions are a staple in most home cooks kitchens. They form the base to many dishes.

But caramelized onions are a stand out ingredient and can be used in so many ways

INGREDIENTS:

2 LARGE YELLOW ONIONS, PEELED (ABOUT 1 POUND)

2 TABLESPOONS UNSALTED BUTTER

KOSHER SALT



THE CARAMELIZATION PROCESS WILL TAKE TIME: 15-20 MINUTES FOR FRENCH ONION SOUP AND 45 MINUTES TO AN HOUR FOR JAMMY, MAHOGANY-HUED ONIONS. FORTUNATELY, WHILE THEY COOK OVER LOW HEAT YOU CAN TAKE CARE OF OTHER THINGS. JUST BE SURE TO STAY CLOSE BY AND STIR THEM OCCASIONALLY SO NO BROWNE BITS STICK TO THE BOTTOM OF THE PAN. TRY THESE DARKER ONIONS ON TOP OF A STEAK OR A BURGER WITH A CHUNK OF BLUE CHEESE. IT IS AMAZING!

In your Box This Week!

- Microgreens
- Heads of Lettuce
- Bell Pepper
- Butternut Squash
- Curly Kale
- Spinach
- Yellow Onions
- Gold Potatoes

Small

- Microgreens
- Heads of Lettuce
- Beets
- Bell Peppers
- Butternut Squash
- Curly Kale
- Spinach
- Yellow Onions
- Gold Potatoes

Medium

- Microgreens
- Heads of Lettuce
- Beets
- Bell Peppers
- Butternut Squash
- Cherry Belle Radish
- Curly Kale
- Ginger
- Spinach
- Yellow Onions
- Cilantro
- Gold Potatoes

Large



FRENCH ONION SOUP

2 LBS. ONIONS, CARAMALIZED
1 QUART BEEF STOCK (4 CUPS)
1/2 CUP DRY WHITE WINE
1/2 TABLESPOON DRY SHERRY
1/2 TABLESPOON ALL-PURPOSE FLOUR
1/2 TEASPOON BLACK PEPPER, PLUS MORE TO TASTE
4 (1/2-INCH) SLICES FRENCH BREAD (FROM 1 LOAF)
1 CUP GRATED GRUYÈRE CHEESE

Warm broth in a saucepan over low heat.

Once onions are caramelized, add wine and sherry to the pot and allow mixture to come to boil.

Stir in flour and let thicken for a minute or two.

Slowly add warm broth, 1/4 teaspoon salt and the pepper to the onion mixture and boil uncovered for 10 minutes. Add more salt and pepper to taste.

Heat the broiler, and arrange individual ovenproof casseroles on a baking sheet. Ladle soup into casseroles, and cover top with bread slices. Sprinkle each casserole generously with Gruyère.

Broil for a minute or two, watching carefully, until cheese melts and browns. Serve immediately.

