



CREAMED PEARL ONION GRATIN

SERVES 6-8

INGREDIENTS

Creamed Onions:

- 1 (10 to 12 oz.) package fresh OR 1 (16 oz.) package frozen pearl onions
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 ¼ c. half-and-half
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon dry ground mustard
- Dash of ground nutmeg
- 1 ½ cup (6 oz.) shredded white sharp cheddar cheese, divided

Crumb Topping:

- 4 tablespoons butter, melted
- 1 ¼ cup fresh whole wheat breadcrumbs (about 3 slices of bread)
- 1 to 2 teaspoons chopped fresh thyme

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.

Separate: Don't cross-contaminate.

Cook: Cook to the safe internal temperature.

Chill: Refrigerate or freeze promptly.

INSTRUCTIONS

Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food. Wash your cutting boards and counter tops with hot soapy water.

For the Creamed Onions:

- ① If using fresh onions, remove the outer skin. Rub by hand or scrub with a clean brush while rinsing under running tap water. Peel onions and place in a saucepan; add water to cover. Bring to a boil; reduce heat and simmer 6 to 8 minutes or until onions are just tender. If using frozen onions, thaw overnight in the refrigerator or for a few minutes in the microwave to keep them at a safe temperature during thawing. Heat thawed onions in the microwave or simmer on the stovetop for 3 to 4 minutes until onions are just tender. Drain well. Set aside.
- ② Melt 2 tablespoons of butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add half-and-half; cook over medium heat, stirring constantly, until sauce is thickened.
- ③ Add salt, pepper, ground mustard, and nutmeg. Add 1 cup of the shredded cheddar cheese; stir until cheese melts. Gently stir in drained onions.
- ④ Pour onion mixture into a lightly greased 1-quart baking dish. Sprinkle evenly with remaining ½ cup shredded cheddar cheese.

For the Crumb Topping:

- ⑤ Combine breadcrumbs and chopped thyme. Toss breadcrumbs with the 4 tablespoons of melted butter until crumbs are well coated. Sprinkle evenly over onion mixture.
- ⑥ Bake, uncovered, at 350 °F for 25 to 30 minutes, until a food thermometer inserted into the center reaches 165 °F and the top is golden brown. If you will not be serving right away, reduce oven temperature to 200 °F and keep in oven until it is time to eat. a skillet or casserole dish. Place into the oven for about 5 minutes before serving. Enjoy!

RECIPE COURTESY OF: Tracey Harrelson | TheKitchenIsMyPlayground.com



Learn more about food safety at StoryOfYourDinner.org

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