



Creamed Pearl Onion Gratin

Makes 6-8 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

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

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

Directions

For the Creamed Onions:

1. Wash hands with soap and water.
2. If using fresh onions, scrub them with a clean vegetable brush under running water. Place onions 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.
3. 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.

4. Add salt, pepper, ground mustard, and nutmeg. Add 1 cup of the shredded cheddar cheese; stir until cheese melts. Gently stir in drained onions.
5. Pour onion mixture into a lightly greased 1-quart baking dish. Sprinkle evenly with remaining ½ cup shredded cheddar cheese.

For the Crumb Topping:

1. Wash hands with soap and water.
2. Gently rub thyme under cold running water.
3. Combine breadcrumbs and chopped thyme. Toss breadcrumbs with the 4 tablespoons of melted butter until crumbs are well coated. Sprinkle evenly over onion mixture.
4. Bake, uncovered, at 350°F for 25 to 30 minutes, until the internal temperature reaches 165°F on a food thermometer and the top is golden brown.
5. If you will not be serving right away, reduce oven temperature to 200°F and keep in oven until it is time to eat. Enjoy!

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