

# The 6 Main Types of Onions

## (and how to use them)

### YELLOW ONION

### Best All Around Cooking Onion



The workhorse of the onion family, the yellow onion has papery brown skin with a strong flavor. This could be your go-to onion for just about anything. If you can only find one type, this'll do. Use them for making French onion soup.

***Interesting fact:*** Spanish onions are actually a type of yellow onion, with a slightly more delicate flavor.

## **SWEET ONION**

### Best Frying Onion



Larger and slightly flatter than yellow onions (they look like they've been squashed), sweet onions contain extra sugar, making them good for caramelizing.

Their larger size also make them perfect for making onion rings. Sweet onion varieties include Walla Walla and Vidalia.

## **WHITE ONION**

**Best Salsa Onion (also a Great Raw Onion)**



White onions are white in color :) and their flavor is milder and sweeter than yellow onions. These are best for raw applications like fresh salsa, salads, dips, or guacamole.



## **RED ONION**

### Best Raw Onion



Sweet and mild enough to be eaten raw, both the exterior skin and the flesh of red onions are a purple color, which makes them kind of fun to add into salads where you're looking to add some color. This is a great choice for sandwiches or burgers. This is also a great onion to pickle.

## SHALLOT

### Best Vinaigrette or Sauce Onion



Shallots are small, brown-skinned onions with light purple flesh, and their bulbs can be made up of multiple sections – kind of like garlic cloves. They have a more subtle flavor, and really shine in vinaigrettes or pan sauce. You can also roast them with great success.



## **GREEN ONION**

### Best Stir Fry Onion



Green onions, sometimes called scallions, are onions that have not yet matured, so they have a very small bulb. They are great for stir fry. You can use the green tops in a salad as well. And they make a wonderful garnish for soups or tacos.

# LEEKS

## Best Soup Onion



Yup, technically these guys are an onion. They're great for soups. And the green tops are a powerhouse of nutrients, so use them to make vegetable broth.