

## 2009 Winning Onion Recipes

In Conjunction with the 20<sup>th</sup> Annual  
Texas Onion Fest  
April 2-4, 2009

### APPETIZERS

#### *1015 Blue Fondue*

Samuel Beltran, 1<sup>st</sup> Place Appetizer  
Youth Division

½ cup 1015 onion chopped  
3 cloves garlic sliced  
¼ tspn fresh basil chopped  
¼ tspn fresh flat leaf parsley chopped  
4 tbl spoon butter divided  
2 tbl spn olive oil  
2 tbl spn flour  
1 cup milk  
1 pint heavy cream  
5 oz container blue cheese  
pinch of red pepper flakes to taste

Melt 2 tablespoons butter in 2 table spoons olive oil, add chopped onion and sliced garlic and saute' until onions caramelize. Place cooked onion, garlic, basil and parsley in food processor until almost a paste. Melt remaining 2 tablespoons butter and add 2 tablespoons flour and make a rieux. Add 1 cup milk and whisk until starts to thicken, add heavy cream, and processed onion and continue to whisk until well incorporated. Add container of blue cheese and whisk until melted. Add red pepper flakes to taste.

Serve with peel & eat shrimp and crusty bread for dipping.

#### *Fruit Salsa w/Cinnamon Tostados*

Johanna Castillo, 1<sup>st</sup> Place Appetizer  
Student Division

For Salsa:

2 kiwis, peeled and diced  
2 Golden Delicious apples – peeled, cored and diced  
8 ounces raspberries  
1 pound strawberries  
½ cup Texas 1015 onions, chopped

2 tablespoons white sugar  
1 tablespoon brown sugar  
3 tablespoons fruit preserves, any flavor

For Tostados:

10 (10 inch) flour tortillas  
Butter flavored cooking spray  
2 cups cinnamon sugar

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, onions, white sugar, brown sugar, and fruit preserves. Cover and chill in the refrigerator at least 15 minutes. Preheat oven to 350 degrees F (175 degrees C). Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

### *Spicy Cheddar Spread*

Andrea Barajas, 2<sup>nd</sup> Place Appetizer  
Student Division

1 lb New York sharp Cheddar cheese  
1 clove garlic, minced  
½ cup of diced Texas 1015 onions  
1 (4 oz) jar chopped pimentos, drained  
1 (10 oz) can diced tomatoes and green chilies, drained  
1 cup good quality mayonnaise  
1 (1 lb) round crusty bread

Grate the cheese by hand or in a food processor. Combine the shredded cheese with the garlic, pimentos, tomatoes, onions and mayonnaise in a large bowl. Chill several hours for the flavors to blend. Preheat the oven to 350 degrees. Cut out the center of the bread loaf and toast the bread until browned. When ready to serve, fill the bread with cheese and serve with toast rounds.

### *Caramelized Onion and Roquefort Tarts*

Audrey Eoff, 1<sup>st</sup> Place Appetizer  
Adult Division

2 tablespoons unsalted butter  
3 cups thinly sliced sweet yellow onions (preferably from Texas)  
¼ cup dry white wine  
1 tablespoon chopped fresh or dry thyme  
½ teaspoon salt

¼ teaspoon ground black pepper  
1/3 cup chopped toasted walnuts  
4 ounces prosciutto, chopped (bacon can be substituted)  
1 large egg, beaten  
4 ounces blue cheese, crumbled

Frozen phyllo tart shells (2 sheet of prepared puff pastry, thawed may also be used)

In a large, heavy skillet, melt the butter over medium-high heat. Add the onions and sauté until caramelized, 12 to 15 minutes, stirring occasionally. Add the wine and cook until dry, 2 minutes. Add the thyme, salt, and pepper, stir well, and remove from heat. Add the walnuts and cooked prosciutto and stir well to combine. Let cool. Fill phyllo tart shells. Top with blue cheese.

Alternate preparation: On a lightly floured surface, 1 at a time, roll out the pastry sheets to about 12 x 12 inches. Cut each into an 11 inch round.

Place 1 round on the prepared sheet. Brush a ½ inch border of egg wash around the outside of the round. Spread the onion mixture evenly across the round. Top with blue cheese. Top with the remaining pastry round. Press down on the edges of the pastry to close, and crimp with a fork to seal. Paint the top pastry with egg wash and cut small slits in the center to vent. Bake until golden and puffed, 20 to 25 minutes.

Remove from oven and cut into 4 wedges. Serve on lettuce leaves.

## *Chicken Salad Special*

Dalia De La O Carr, 1<sup>st</sup> Place Appetizer

Professional Division

1 apple, finely chopped  
½ pound seedless red grapes  
6 oz finely chopped pecans  
3 lbs chicken breast, finely chopped  
½ cup finely chopped onions  
2 celery stems, finely chopped  
½ cup sweet relish  
1 ½ cup mayonnaise

Boil chicken breast until fully cooked. Finely chop or mince the chicken. Add all the ingredients and mix well. Chill for about an hour. Serve with crackers as an appetizer.

## **MAIN DISH**

### *Summer's Onion Fiesta*

Summer Smith, 1<sup>st</sup> Place Main Dish  
Youth Division

4 large onions  
1 can (14.5 oz) Cream of Chicken Soup  
1 can (14.5 oz) Cream of Celery Soup  
1 can (14.5 oz) Chicken Broth  
20 corn tortillas (cut into triangular pieces)  
1 cup of cilantro  
4 oz of Chorizo  
4 oz of American/Cheddar Cheese  
4 oz of Monterrey Cheese  
Stick of Butter  
2 cloves of garlic  
Salt and Pepper (optional)  
1 can of Rotel Chili sauce

In a big pot on medium high, sauté the onions with chorizo until they soften. Then, put the rest of the ingredients in the pot and stir. Continue to stir for 20 minutes. Next, place all the ingredients in a baking pan. Preheat the oven at 350 degrees. Bake for an hour. It's done!

### *Beef 'n Onion Pie*

Heather Shidler, 1<sup>st</sup> Place Main Dish  
Student Division

1 lb. ground beef  
1 pkg. Pillsbury prepared pie crust  
1 med. 1015 onion  
2 tbs. butter (not margarine)  
1 16 oz container cottage cheese  
1 tbs. basil (divided in half)  
1 egg  
Salt and Pepper to taste

Brown ground beef in skillet. Drain and set aside. Sauté chopped 1015 onion in butter. Bake pie shell for 10 minutes, 350 degree oven. Pour onions into bottom of pie shell. Add browned ground beef and sprinkle ½ of the tbs. of basil over it. Salt and pepper to taste. Mix Cottage cheese with egg (mix well). Add remaining basil. Salt and pepper to taste. Pour over beef and onions. Bake at 350 degrees for 1 hour. Let sit 5 minutes and serve.

# *Enchilada Lasagna*

Audrey Eoff, 1<sup>st</sup> Place Main Dish

Adult Division

For sauce:

1 dried or canned chipotle chile, stems and seeds removed, diced  
3 large garlic cloves, minced  
2 ½ teaspoons chili powder  
1 ½ teaspoons toasted cumin seeds, freshly ground  
2 cups chicken broth  
3 cups tomato sauce  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper

For filling:

1 tablespoon vegetable oil  
1 pound boneless, skinless chicken breasts or thighs, cubed  
1 ½ cups diced onion  
Pinch of kosher salt  
1 large clove garlic, minced  
1 teaspoon dried oregano  
12 (6 inch) corn tortillas  
3 cups shredded queso fresco or Monterrey Jack cheese

Non-stick cooking spray

Combine the chilies, garlic, chili powder, cumin, chicken broth, tomato sauce, salt and pepper in a medium saucepan over high heat. Bring to a boil. Reduce the heat to low and simmer for 15 minutes or until the chilies are soft. Set aside until ready to use. Preheat the oven to 350 degrees F.

Heat the vegetable oil in a medium skillet over medium-high heat. Saute the chicken until cooked through, approximately 7 to 9 minutes. Remove the chicken from the pan and place in a medium bowl. Add the onions to the same pan along with a generous pinch of salt, decrease the heat to medium-low and sweat for 4 to 6 minutes. Add the garlic and oregano and cook until the onions are tender, 2 to 3 minutes more. Add the chicken back to the pan and remove from the heat.

Spray a 13 by 9-inch glass baking dish with non-stick spray. Place ½ cup of the sauce into the bottom of the dish. Dip 4 tortillas into the remaining sauce and lay them into the bottom of the dish. Cut 1 of the tortillas in half to evenly cover the bottom of the dish. Top this with half of the chicken mixture and 1 cup of the cheese. Starting with 4 more tortillas, repeat the layers, ending with the last 4 tortillas on top. Pour remaining sauce over the dish and top with remaining 1 cup of cheese.

Cover with aluminum foil and bake in the oven on the middle rack for 30 minutes. Remove the foil and bake an additional 10 minutes, or until cheese on top is bubbly.

## *Carne Guisada*

Dalia De La O Carr, 1<sup>st</sup> Place Main Dish

Professional Division

4 lbs. Stew Meat (cut)  
2 large diced medium potatoes  
1 cup of onions, less if desired  
1 tsp. black pepper  
1 tsp. ground cumin  
2 medium garlic cloves, finely mashed  
2 tsp. salt  
8 oz. tomato sauce  
3 lbs. flour

In a Dutch pan, add the meat and ½ cup of water. Cook on medium heat until meat looks cooked. Add spices, potatoes, salt and onions. Cook for 10 more minutes, add tomato sauce, and stir. Then add the flour, stir again and add ½ cup more water. Continue cooking for 10 more minutes. If too thick, add more water. Turn off and serve with jalapeno salsa.

## **DESSERT**

### *Key Lime Onion Cake*

Johanna Castillo, 1<sup>st</sup> Place Dessert

Student Division

1 box (18.2 oz) lemon cake mix  
1 package (3 oz) lime gelatin  
5 eggs  
¾ cup orange juice  
¾ cup oil  
½ cup minced Texas 1015 onions

Glaze:

5 tablespoons confectioners' sugar  
¼ cup lime juice

Frosting:

1 package (8 oz) cream cheese  
4 tablespoons unsalted butter or margarine, room temperature  
2 tablespoons key lime juice

1 teaspoon vanilla  
4 cups confectioners' sugar

Preheat oven to 325 degrees F. Grease and flour two 9 x 9 x 2-inch baking pans. In a mixing bowl, combine lemon cake mix, lime gelatin, eggs, orange juice, oil and onions; beat until smooth. Pour batter into pans. Bake for 20 to 30 minutes, or until a tester inserted in center comes out clean; do not over bake. Prick tops with a fork all over.

To make glaze: Stir confectioners' sugar and lime juice together until smooth. Drizzle over cake.

To make frosting: In a large mixing bowl, beat cream cheese and butter until thoroughly combined and smooth. Beat in lime juice and vanilla. Add confectioners' sugar, beating until consistency is creamy. Assemble cake, spreading frosting between layers and on sides and top of cake. Makes 1 two-layer square cake.

## *Traditional Apple Onion Pie*

Andrea Barajas, 2<sup>nd</sup> Place Dessert  
Student Division

### **Main Ingredients**

1 lb. of cooking apples  
2/3 cup brown sugar  
1 tsp white sugar  
½ tsp ground cinnamon  
½ cup Texas 1015 onions  
1-2 Tbsp water

### **Ingredients for the Pie Dough**

Heaping 2 ½ cups all purpose flour  
Pinch of Salt  
6 Tbsp Butter  
6 Tbsp White vegetable fat  
About 6 Tbsp cold water  
Milk or beaten egg, to glaze

To make pie dough, sift 2 ½ cups of flour and salt into a large bowl. Add butter and fat and rub in with fingertips until the mixture resembles fine bread crumbs. Add enough water to mix to dough, wrap in plastic wrap, and chill for 30 minutes.

Preheat oven to 425 degrees. Roll out 2/3 of pie dough on a lightly floured counter and use to line an 8-9 inch deep pie plate or shallow pie plate. Take onions and sauté then add the white sugar and caramelize for color. Peel core and slice apples. Mix apples and onions with sugar and

cinnamon. Pack into the pastry shell; the filling can come up above the rim. Roll out the remaining dough to form a lid. Position the lid, pressing the edges firmly together. Trim and crimp the edges. Use pie dough trimmings to cut out shapes and decorate top of pie. Dampen shapes and attach. Glaze pie with milk or beaten egg, make 1-2 slits in the top, and put the pie on a baking sheet. Bake in oven for 20 minutes. Reduce heat to 350 degrees and bake for 30 minutes until golden brown. Serve hot or cold.

## *Sweet Onion Pudding*

Audrey Eoff, 1<sup>st</sup> Place Dessert

Adult Division

½ cup butter  
6 medium-size sweet onions, thinly sliced  
6 large eggs, lightly beaten  
2 cups whipping cream  
1 (3 oz.) package shredded Parmesan cheese  
3 Tbsp. All-purpose flour  
2 Tbsp. sugar  
2 tsp. baking powder  
1 tsp. salt  
Garnish: fresh thyme sprigs

Melt butter in a large skillet over medium heat; add onion. Cook, stirring often, 30 to 40 minutes or until caramel colored; remove from heat.

Preheat oven to 350 degrees. Whisk together eggs, cream, and Parmesan cheese in a large bowl. Combine flour and next 3 ingredients in a separate bowl; gradually whisk into egg mixture until blended. Stir onions into egg mixture; spoon into a lightly greased 13 x 9 inch baking dish.

Bake at 350 degrees for 35 to 40 minutes or until set. Garnish, if desired.

## *Caramelized Onion Crème Brulee*

Shaela Posz and Joe Caballero, 1<sup>st</sup> Place Dessert

Professional Division

1 ½ cups sweet onion chopped  
3 Tbsp. butter  
3 Tbsp. & ½ cup sugar  
6 egg yolks  
1 quart heavy cream  
1 Tbsp. of sugar for each Crème Brulee serving

Preheat oven to 325 degrees. Saute onions and 3 tbsp. of butter in a sauté pan over med-high heat until onions start to soften (about 6-8 minutes). Sprinkle the 3 tbsp. of sugar over the onions and toss. Let onions caramelize in sugar until they begin to turn golden brown (about 5 minutes). Strain the onions and let cool.

Take 6 eggs and separate the yolk from the white and discard the white. Take the yolks and whisk into a bowl with ½ cup of sugar, set aside. In a large saucepan, heat the 1 quart of heavy cream and the caramelized onions together until the cream begins to simmer or slightly bubble around the edge of the pan wall. Remove the cream mixture off the heat and strain onions out of cream and let mixture cool (about 10 minutes).

Whisk cream mixture into egg/sugar mixture until well combined. Pour mixture into 6-7 oz ramekins or custard cups and place into a baking pan with a high wall. Place baking pan and crème brulee's onto oven rack, and then pour warm water into the pan until water is halfway up the ramekin cups. Be careful to not get any water into the crème brulee mixture.

Cook crème brulee's for 40-45 minutes. Once crème brulee has very lightly browned, take out of the oven and begin to remove ramekins out of the water bath, and immediately cool for at least 24 hours in a refrigerator.

Take 1 Tbsp. of sugar for each ramekin and evenly spread sugar over the tops and brulee/torch the tops with a butane torch until the sugar crackles and browns.

## *Onion Chocolate Surprise Cake*

Dalia De La O Carr, 2<sup>nd</sup> Place Dessert  
Professional Division

1 box Devils Cake Mix, super moist  
1 cup sour cream  
¾ cup of very finely chopped onions  
8 oz. cream cheese  
½ cup of white powder sugar  
½ tsp. vanilla

Follow packaging instructions on cake box followed by adding the 1-cup of sour cream and the ¾ cup of very finely chopped onions. Bake cake at 350 degrees for 40 minutes. Allow cake to cool after being baked. Meanwhile make topping for cake, mix well the 8 oz. of cream cheese along with the ½ cup of white powder sugar and ½ tsp. vanilla. Then evenly spread topping over cake.