



Shallots

Selection and Handling~

You want to choose a firm dry bulb. Make sure to select bulbs without sprouts. The skin should be abundant and papery. Avoid choosing shallots with wrinkling in the skin.

Preservation~

Store shallots in a well ventilated cool and dry area, and fresh shallots can be refrigerated for about a week.

Preparation Tips~

Always take off the skin and cut off unwanted end pieces. You will see that it comes apart into cloves quite nicely. Dependent upon what you plan to use them for, the shallots can then be minced, diced, julienned or pureed, and used to add flavor or substance to a variety of dishes. I use minced shallots to add flavor to my balsamic dressing, you should try it!

Nutrient Information~

Shallots are a low calorie vegetable, and are comprised of mostly water. They have been rumored to help lower cholesterol and also contain fructo-oligosacchirides which aid the development of beneficial intestinal probiotics which can help to balance digestion.

Did You Know?~

- Shallots grow in clove-like bunches similar to garlic and are a cultivar of the onion family (but not the same species)
- They have at least a 6 month shelf life unlike onions which are shorter
- They grow from April to August and do well in our area
- The larger the shallot you choose the stronger the taste will be

Some Recipes For Shallots

Balsamic Shallot Vinaigrette Dressing

- 2 cups of oil blend (olive oil canola mix)
- 1 $\frac{3}{4}$ cups of balsamic vinegar
- 2 cloves of garlic
- $\frac{1}{8}$ cup dijon mustard
- 1 tablespoon soy sauce
- $\frac{1}{4}$ cup water

Grind all ingredients except the oil in a food processor, then slowly stream the oil into the dressing. Keep chilled and use for a great salad dressing.

Caramelized Shallots

- 2 pounds fresh shallots, peeled, with roots intact
- 3 tablespoons sugar
- 3 tablespoons good red wine vinegar
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley
- 6 tablespoons of butter

Preheat your oven to 400 degrees. Melt the butter in a large sautee pan and add whole shallots and sugar. Stir continuously for 10 minutes or until a brown color develops. Next throw your shallots on a pan, sprinkle with seasonings, and put them in the oven for 15-30 minutes. You want to have a soft juicy shallot that is crisp around the edges. Sprinkle with salt and parsley and enjoy!