

Shallots

This small vegetable is technically an onion, but it looks a lot like garlic and has a mild garlic flavor. The shallot looks like a small, elongated onion with copper, reddish, or gray skin. Once you peel it, it divides into cloves like garlic, rather than one bulb with concentric layers like an onion. Once peeled, small shallot bulbs will have two to three individual cloves and large shallots can have up to six cloves. In general, if the recipe calls for one shallot, use all the cloves within that single shallot bulb.

Shallot storage

Store them as you would any allium in a cool, dry, dark place with plenty of air circulation. Knot them in clean pantyhose, hang from the ceiling in a dry garage, cellar or closet, and they can last up to two months. Or store in a hanging metal mesh basket. If they sprout, you can still use them. Remove the bitter green sprouts if you don't

want a strong onion flavor. Many cooks choose to include the sprouts and use them much like chives.

Shallots may be chopped and frozen up to three months. However, when thawed, they will have the texture of a lightly sautéed shallot so don't expect any crunch. This can actually be a time-saver in many recipes.

Shallot cooking tips

- Shallots work particularly well in dishes using wine.
- Although shallots caramelize like onions, it is important to sauté them gently.
- Browning over high heat is likely to turn them bitter, much like garlic.
- Roast shallots in their skins until soft. Then peel, puree, and use as a flavoring for soups or sauces.
- Shallots do not give bad breath like garlic or onions, and are more easily digestible.
- Leeks, onions, and scallions may be substituted for shallots, but expect a stronger onion flavor.
- Refrigeration is not recommended for shallots, as cold temperatures tend to encourage sprouting.
- 3 to 4 shallots may be substituted for 1 medium onion.
- 1/4 pound fresh scallions = about 5 medium
- 1/4 pound fresh scallions = 1 cup coarsely chopped
- 1/4 pound fresh scallions = 1/2 cup minced
- 6 medium shallot cloves = 1/4 cup finely minced shallots

SAUTEED GREEN BEANS w/ SHALLOTS, ROSEMARY&HAZELNUT

Ingredients: 2 lbs green beans, trimmed, 1/4 cup butter, 2/3 cup chopped shallots, 1 tsp chopped fresh rosemary or 1 tsp dried, 1/2 cup hazelnuts, toasted, husked, chopped

Directions:

Cook green beans in large pot of boiling salted water until crisp-tender, about 5 min. Drain. Rinse beans with cold water; drain well. Pat dry with paper towels. Melt butter in heavy large skillet over medium-high heat. Add shallots and rosemary and sauté until shallots are tender, about 5 min. add green beans and toss until heated through, about 5 min. Season to taste with salt & pepper. Add chopped hazelnuts and toss.

Caramelized Shallots

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Ingredients: 6 tablespoons (3/4 stick) unsalted butter, 2 pounds fresh shallots, peeled, with roots intact, 3 tablespoons sugar, 3 tablespoons good red wine vinegar, 1/2 teaspoon kosher salt, 1/4 teaspoon freshly ground black pepper, 2 tablespoons chopped fresh flat-leaf parsley

Preheat the oven to 400 degrees F.

Melt the butter in a 12-inch ovenproof sauté pan, add the shallots and sugar, and toss to coat. Cook over medium heat for 10 minutes, tossing occasionally, until the shallots start to brown. Add the vinegar, salt, and pepper and toss well.

Place the sauté pan in the oven and roast for 15 to 30 minutes, depending on the size of the shallots, until they are tender. Season, to taste, sprinkle with parsley, and serve hot.

Vegetable	Refrigerate?	Freeze?	Approximate Storage Life	Comments
Spinach	YES	YES	3-5 days	loosely wrapped in paper towel inside bag
Shallots	NO	YES	see below	see below
Eggplant	YES	YES	3-5 Days	keep in crisper
Beans	YES	Blanche, cool quickly	4-6 Days	Keep Bagged, unwashed
Lettuce	YES	NO	1 Week	Washed and lightly wrapped in paper towel in crisper or bag
Jacqueline Lee Potatoes	NO	Blanched, partially cooked or fried	2-3 Weeks	Cool, dark place
Basil	YES	Tightly wrapped in foil or frozen in ice cube trays	1-2 Weeks	Stems can be placed in glass of water
Carrots	YES	YES	1-2 Weeks	Do not Store next to Apples. Take off Tops
Middle East Squash	YES	YES	4-6 Days	Unwashed, keep dry in crisper or bag
Tomatoes	NO	YES	Up to 1 Week	Store at Room Temp
Superstar & Walla Onion	NO	YES	1-2 Months	Store in dry, cool place without stems