

A recipe from

DAD'S COOKBOOK



Rating:



Baked Red Onions with Rice, Apple and Nut Stuffing

Adapted from Emeril Lagasse 2001

A nice change of pace dish, as an entrée or as a side dish. The onions lose their heat on baking, and we found the filling to be the best part (four + horns!) ...

*6 large red onions, 8-10 oz ea
1½ Tbsp olive oil
Salt and pepper
2 Tbsp butter
2 tsp minced garlic
1 cup diced apples
½ tsp salt*

*¼ tsp fresh ground pepper
1 pkg (6 oz) wild rice, cooked
½ cup lightly toasted walnuts
2 tsp chopped fresh sage
2 Tbsp chopped fresh parsley
½ cup grated white cheddar cheese
½ to 1 cup chicken stock*

Preheat oven to 400 degrees F. Line a baking sheet with foil and set aside. Peel the onions. Trim the stem ends so they will stand upright, then remove top ½ inch of onions. Rub oil on each onion and season with salt and pepper. Place on the baking sheet and bake, root ends down, until just tender, about 45 minutes to 1 hour. Remove from oven and let rest until cool enough to handle. Remove center of each onion, leaving a shell; return one piece of removed onion to each to form a bottom. Chop the remaining onion centers. In a large skillet, melt butter over medium-high heat. Add 1 cup chopped onion centers and cook with stirring for 2-3 minutes. Add garlic, apples, salt and pepper, and cook another 2-3 minutes, stirring to coat mixture. Remove from heat and add cooked rice, walnuts, sage, parsley and half the cheese, and mix well. Stuff the onions to overflowing with this mixture and place them in a baking dish. Sprinkle with remaining cheese; put any extra stuffing in center of dish between onions. Pour stock into the dish to cover a half inch up the sides of the onions. Bake at 400 F until tender and bubbly, about 20-30 minutes, basting occasionally. Serve immediately.

Yield: Six servings

Preparation time: 40 minutes

Cooking time: 1 hour 45 minutes total

