

# Onions: colour, flavour and usage guide

Australian onions are versatile, delicious and nutritious – the perfect addition to any meal. But not all onions are created equal, so it's important to choose the right onion for the right meal.



Onions give off distinct flavours, ranging from light and delicate to sharp and crispy. They become sweeter and succulent in roasts and braises and can taste bittersweet if fried until blackened.

Onions contain natural sulfoxide compounds which directly influence their unique flavour and odour, in the same way as garlic, truffle, cabbage, swede, cauliflower, broccoli, globe artichoke, asparagus and egg.



## Red Onions

Mild and sweet, they add a vibrant burst of colour to dishes.  
Best for eating raw.

Use for

- Salads
- Dips
- Pickled
- Dressing
- Salsas
- Sandwiches
- Burgers



## White Onions

Milder than brown onions, making them perfect to be eaten raw.  
Crunchiest and sharpest of all onion types.

Use for

- Chutneys
- Salsas
- Stir fries
- Braises
- Stews
- Salads
- Sandwiches
- White sauces



## Brown Onions

Strong flavour, great for cooking.  
Sweetness increases with cooking time.

Use for

- Soups
- Stocks
- Sauteed or grilled
- Onion rings
- Roasted vegetables
- Stews
- Sauces
- Gratins
- Risottos