

# RECIPES. BEING PART OF YOUR PERFECT DISH.

Stuffed Rosanna  
Pink Onions by  
GBC Rosana McPhee...

1 Onion  
per serving



**Rosana McPhee's stuffed Rosanna onions recipe is a brilliant way to make the most of this sweet and versatile homegrown variety of British pink onion.**

## Ingredients...

2 packs Rosanna onions 750gm (10 onions)  
1 cup of cooked basmati rice (195gm)  
½ cup of cooked lentils (80gm)  
1 tbsp of fresh oregano leaves  
1 tbsp of chopped chives  
½ cup of plump sultanas chopped (small handful)  
½ cup of Brazil Nuts chopped, or any other nut preferred  
salt & pepper to taste  
Butter  
Olive oil, to drizzle  
Sprinkle of black onion seeds

## Method...

1. Preheat oven to 200 C (fan). Lightly grease a heatproof oven dish.
2. Boil a large pot of salted water. Add the whole unpeeled Rosanna onions and cook for roughly 15 minutes, until tender but firm. Drain and set aside to cool.
3. Once cooled, cut off the tops and remove the centres of the onions, leaving just the shell and bottom. Finely chop the centres.
4. Add a teaspoon of butter to a shallow pan and lightly fry the chopped Rosanna onion centres. Combine with the cooked lentils, rice, sultanas, oregano, chives and Brazil nuts. Spoon the mix into the onion shells and arrange in the prepared oven-proof dish.
5. Brush the onions with some olive oil.
6. Cover and bake in the oven for 15 minutes. Uncover and bake for a further 5 minutes until golden.
7. Top the onions with some black onion seeds and the rest of the nuts. Serve as a starter on Cavolo Nero or as a side dish.

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 **Rosanna  
Onions®**