

Baked Stuffed Onions

Serves 4



Ingredients (allergens in bold)

- 4 medium-sized onions – peeled and kept whole
- 50g **Cheddar cheese** – finely grated
- freshly ground black pepper
- 1 **egg** – beaten
- 50g soft **breadcrumbs**
- 1 tablespoon melted **butter**
- 1 teaspoon dried mixed herbs

Method

1. Half-fill the pan with boiling water from a kettle. With a slotted spoon, lower each onion into the water and simmer them for 30 minutes.
2. Lift the onions out of the water with the slotted spoon, reserving approximately 150ml of the onion water.
3. Beat the egg in a bowl. Add the breadcrumbs, cheese and herbs. Remove the centre of each cooked onion and chop it finely. Then add to the mixture and mix well.
4. Put the onions into the ovenproof dish and spoon the mixture evenly into the hollowed centre of each onion. Brush the onions with melted butter and pour the reserved onion stock around them.
5. Cover with a lid or foil and cook for approximately 45 minutes. Serve immediately as a main meal with extra vegetables and crusty bread.



Equipment

- chopping board
- sharp knife
- grater
- small bowls
- large saucepan
- slotted spoon
- fork
- spoons
- ovenproof dish with a lid or foil

Recipe notes and tips

- Don't over cook the onions in the water or they will collapse.
- Other vegetables can be added to the stuffing, for example chopped tomatoes, peas or mushrooms.
- This was a popular recipe during the war when food was rationed.