

How to Cut an Onion

Step 1

Cut off the top/stem of the onion. Peel off the outer layers of skin. Dispose of skin and trim root end if necessary. Make sure not to contaminate the cutting surface and clean the knife before proceeding.



Step 2

To dice, cut the whole peeled onion in half, from root end to stem end.



Step 3

Lay each half cut side down on cutting board. Make multiple, evenly spaced cuts from root end to stem end of onion, being careful not to cut through the root end. Adjust the space between each cut to obtain the desired dice size.



Step 4

Hold the onion together and make horizontal cuts parallel to the cutting surface. Again, be sure to leave the root end intact.



Step 5

Make multiple cuts across the onion, adjusting the number of slices for desired dice size. Dispose of the hard root end.



Step 6

Separate onion pieces. Add to recipe for layers of flavor.

Tips for Cutting an Onion with Tearing:

When an onion is pierced, a chemical reaction takes place, releasing sulfur compounds. These compounds may irritate the eyes and cause tearing.

To reduce tearing:

- Chill onion about 30 minutes before cutting.
- Always use a sharp knife.
- Begin cutting at the top, leave root end uncut as long as possible. This end contains the highest concentration of sulfur compounds.

For Cutting Onion Slices and Rings

For slices or wedges, cut whole peeled onion in half from stem to root end. Make evenly spaced cuts along the grain.



For onion rings, place a whole peeled onion on its side and slice crosswise every 1/4 to 1/2 inch. Separate each slice into individual rings. Save the centers to dice for use in other recipes.



For more information and recipes, go to www.onions-usa.org

