KALI OREXI

sharing our Greek culinary heritage

Kathy's Stuffed Onions with White Sauce

Kathy's recipe for Stuffed Onions with White Sauce represents the ongoing evolution of the Greek cuisine., which mirrors the journeys and influences of its makers. Kathy used her mother-in-law's stuffed onion recipe as the base for this dish and heightened it with the addition of ground pimento and cinnamon in the meat filling. Rather than baking the onions in a traditional tomato-based sauce, she married the spiced stuffed onions with a lovely white sauce. This really is a special adaptation of a Greek classic!

We essentially halved Kathy's original recipe, but tweaked the spice and white sauce quantities to achieve a good balance of aromas and creaminess.

For the Stuffed Onions you will need...

Water
1 teaspoon salt
4 large brown onions
1 medium brown onion, grated
¼ cup EVOO
375g beef mince
1 teaspoon salt
¼ teaspoon ground black pepper
½ teaspoon allspice/pimento, ground
¼ teaspoon cinnamon, ground
½ bunch flat leaf parsley, chopped
1 large or 2 small tomatoes, grated
½ cup medium grain rice

For the white sauce you will need...

25g butter

25g plain flour

550ml milk, warmed

Pinch of salt

Pinch grated nutmeg

Squeeze of lemon juice

Preparing the onions

- Bring a large pot of water to the boil and add 1 teaspoon of the salt
- Remove the skin from the 4 large brown onions and score them from top-to-bottom, on one side of the onion
- Transfer the onions to the pot and gently boil for about 30 minutes, until just cooked
- Remove from the heat, take the onions out of the water with a slotted spoon and set aside to cool
- Keep 3/4 of a cup of the onion water/stock

Preparing the filling

- On medium heat sauté the grated onion with the EVOO
- Add the pimento and cinnamon and cook briefly to release the aromas
- Add the meat and gently brown it
- Add the salt, pepper and parsley and mix through
- Add the grated tomatoes, rice and reserved onion stock
- Cook until all the liquid has been absorbed
- Take off heat
- Using the score mark on the onions as a guide cut the onions from top to bottom, through to the centre
- Discard the outer onion layer
- Carefully remove an onion layer
- Cradle the onion layer gently in the palm of your hand and fill with 1-2 heaped teaspoons of the meat mixture
- Tightly roll up the filled onion layer to form a "quenelle" and place in a baking dish
- Continue filling and rolling onion layers this way

Preparing the white sauce

- Melt the butter in a medium pot over medium heat
- Add the flour and combine with the butter
- Cook until the rue begins to bubble
- Add in the milk and continue to heat and stir until the sauce begins to bubble
- Continue heating and stirring for 1-2 minutes more
- Add a pinch of salt and nutmeg
- Remove from the heat and stir in the lemon juice (we forgot to do this)
- Pour the white sauce over the stuffed onions

Baking the Stuffed Onions with White Sauce

- Bake for approximately 45 minutes in an oven preheated to 160°C fan-forced

Serving the Stuffed Onions with White Sauce

- Enjoy the stuffed onions as part of a comforting lunch or dinner
- Kali Orexi!