



## Frizzled Fried Shallots

By Dylan Sabuco

**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**fry:** to cook in a pan in a small amount of fat.

## Equipment

- Sauté or frying pan
- Cutting board + kid-safe knife
- Liquid measuring cup
- Wooden spoon

## Ingredients

Frizzled Fried Shallots

- 2 medium shallots
- 1/2 tsp salt
- 1/3 C vegetable oil \*\*

## Food Allergen Substitutions

Frizzled Fried Shallots

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

## Instructions

### Frizzled Fried Shallots

#### recipe note

If you are also making the Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad (see recipe) and want to save a little time, follow the instructions below, but cook the shallots alongside the radishes from the Cabbage Salad.

#### slice + measure + fry

Start by peeling, then slicing **2 shallots** into thick rounds. Then, measure **1/3 cup vegetable oil** and add to a sauté pan over medium high heat. Add the shallots and cook for 5 minutes, stirring frequently. Once golden brown and soft, add to your **Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad** or another dish.

## Featured Ingredient: Shallot!

Hi! I'm Shallot!

"I'm smaller, milder, and sweeter than an onion, but we're part of the same species. I look a bit like an onion, with similar papery skin, but where an onion has one bulb, I have a few cloves like a garlic, and my cloves have layers like an onion!"

### History & Etymology

Shallots are thought to have originated in Central or Southeast Asia. They eventually made their way to the Indian subcontinent and the Mediterranean region.

Ancient Greeks and Romans cooked with them. Ancient Egyptians used them for medicine. Shallots were grown in France in the 12th century in the Loire Valley (Anjou) and Brittany.

The name "shallot" is from the mid-17th century, from the French "eschalotte," from the Old French "eschaloigne." Before being moved to the onion species (*Allium cepa*), the shallot was classified as its own species, *Allium ascalonicum*, whose name came from the ancient city of Ascalon in Israel, now Ashkelon.

Ancient Greeks believed the shallot originated there.

China produces the most shallots worldwide. Louisiana produces the most in the United States.

Shallots are associated with French cuisine. They are also used in Asian cuisines.

### Anatomy

The shallot is a cultivar of the onion species (*Allium cepa*) in the Amaryllidaceae family. The French red shallot was once thought to be its own species, *Allium ascalonicum*. The classification changed in 2010 when taxonomists (scientists who classify living organisms) decided that the difference between shallots and onions was too small for shallots to be their own species.

Shallots grow in the ground from planted bulbs, sets of bulbs, or seeds. Thin, hollow edible green leaves, similar to onions, grow out of the top of the bulb. Shallots have shallow root systems.

Shallots form into clusters of bulbs or cloves, like garlic, instead of one bulb as with onions. Their papery skin may be golden brown, gray, or rose red. Their flesh may be white or white tinted with purple.

## How to Pick, Buy & Eat

When a shallot's leaves droop and turn yellow or brown, the bulb is mature and ready to be harvested.

Also, the top of the bulb will appear above the ground, and the neck, where the leaves are attached, will soften and bend. Young shallots can be picked when their tops are still green.

Shallots should be cured after harvesting by letting them dry in a warm place with ventilation for about two weeks. Then, store them in a cool, dark, and dry spot, preferably in a mesh bag or container with holes for ventilation, similar to garlic and onions.

The French Red shallot is the most common variety in grocery stores, although Jersey shallots may also be available. When choosing them in the market, check for discoloration or soft spots.

Younger shallots will have a milder and sweeter taste. Older shallots will have a stronger flavor.

Raw shallots can be finely chopped to add to salads, sauces, and vinaigrettes. Shallots can be cooked with eggs, fish, meats, poultry, and vegetables. They can replace onions in some recipes, but keep in mind that they are more delicate than onions and may burn more easily.

Green shallot tops or leaves can be added to salads, soups, and stews.

Pickling shallots can be quick and easy. They add a bright, tangy flavor and crunch to relishes, salads, sauces, tacos, hamburgers, and other sandwiches. Pickled shallots are often used in French, Asian, and Indian cuisines.

Deep-fried shallots are used as a garnish in Asian cuisine, including noodle dishes, salads, and soups. Fried shallot oil can also be used as a flavor for dishes and dressings.

## Nutrition

Shallots are a rich source of vitamin B6 and a moderate source of manganese, potassium, and vitamin C.