

# SHALLOT



**SHALLOTS** belong to the lily family, which includes onions, leeks, garlic, and chives. Because of their delicate and mild flavor, shallots are known as the “champagne of onions.” Early in the season, the young shallots resemble green onions or scallions. As they mature during the summer months, shallots develop a cluster of several small bulbs similar to garlic. In the Northeast, shallots are harvested in the late summer.

## STORAGE

- ◆ Green, immature shallots should be **stored in the refrigerator** drawer. A plastic bag is not necessary. These young shallots will lose their luster after about **2 weeks** so they should be used before then.
- ◆ Mature shallots with dry outer skins should be stored in a **well ventilated, cool place**. Stored this way they should last about 1 month.

## PREPARATION

- ◆ Trim roots and discolored parts off young, early season shallots and use any way you would green onions.
- ◆ To prepare mature shallot bulbs, trim like an onion, removing skin and roots. Shallots can be **braised or roasted whole** with other root veggies or added to vinaigrettes. When combined with vinegar and salt, the shallot takes on a sweet flavor.
- ◆ Shallots can be **sautéed** in oil or butter as part of soups or other dishes, or can be used to garnish steamed vegetables.

### **Nutritional Information**

Shallots contain a minimal amount of vitamin A. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

# Shallot Recipes

## **Shallot Dressing**

2 shallots, skinned and diced  
1/2 cup olive oil  
1/4 cup vinegar  
1/2 teaspoon dried thyme, dill or basil  
Salt and pepper



Combine all the ingredients in a container with a tight fitting lid. Shake well and serve over a green salad or use as a marinade for steamed vegetables.

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## **Glazed Shallots**

Shallots  
Balsamic vinegar  
Olive oil  
Salt



Preheat oven to 375. Peel the shallots and cut them into halves or quarters so that they are all roughly the same size. Toss them in a bowl with a dash of balsamic vinegar, a drizzle of olive oil and a sprinkling of salt and put them in a heavy-bottomed ovenproof dish, big enough to hold shallots in a single layer. Roast them, uncovered, in a 350 to 400 degree oven, stirring occasionally for even cooking. Cook them until they have a deep brown glaze and are tender inside (15-30 minutes). Roasted shallots can be served with grilled or roasted meat or fish, either left in chunks or chopped fine and mixed with parsley.

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## **Shallot Sour Cream**

1 cup sour cream, low fat or regular  
3 Tablespoons minced scallions  
3 Tablespoons finely minced shallots  
Salt and freshly ground black pepper to taste



In a small bowl, mix all the ingredients together. Keep refrigerated until you're ready to serve it on top of baked potatoes or on anything else you might like!

Recipe contributed by Adrienne Maher, Just Food intern, 2001