

# Good Cooking.

*Recipes from our family to yours.*



## **Peri & Sons' Sweet BBQ Bloomer Onion**

### **Ingredients**

- 1 Colossal Peri & Sons Farms Yellow onion
- 1 tablespoon freshly minced thyme or oregano
- 2 teaspoons freshly minced rosemary
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 2 tablespoons butter, melted

### **Directions**

With a sharp knife, slice 1/2 inch off the top of the onion and then peel off only the outer-most layer. With the root-side down, begin at the top and cut 12-16 wedges cutting only down to about 1/2 inch of root end; although slit, the onion should remain whole.

Place onion on a double thickness of heavy-duty foil (about 12 in. square). Open wedges slightly; sprinkle with thyme, rosemary, salt, paprika and pepper. Drizzle with butter.

Fold foil around onion and seal tightly. Grill, covered, over medium heat for 30-35 minutes or until tender.

Let cool for 5 minutes. Unwrap and enjoy with one of our dipping sauces.

## Benedictine Dip

### Ingredients

1 English cucumber (peeled halved lengthwise and seeded)  
1/4 white onion  
8 ozs cream cheese (room temperature)  
1/4 cup sour cream  
1 tsp tabasco (green jalapeno pepper sauce)  
1 1/2 tsps kosher salt

### Directions

Blend all ingredients in a food processor. Chill before serving.

## Sweet Onion Dip

### Ingredients

1 tablespoon butter  
1 medium Peri & Sons sweet onion  
2 tablespoons cider vinegar  
2 tablespoons honey  
1 tablespoon prepared mustard  
1 cup Greek yogurt

### Directions

Melt butter in a medium frying pan. Sauté onions on medium-low heat until caramelized, about 25 minutes. Remove from heat to cool. Add onions and remaining ingredients to a food processor. Blend until smooth and serve.

## Healthy Carrot Dip

### Ingredients

2 large carrots  
2 tbsp canned chickpeas  
1/4 cup water  
2 tbsp lemon juice  
1/2 tsp salt  
1/3 tsp ground black pepper  
1/4 tsp ground nutmeg

### Directions

Fill a deep saucepan with water and pour over high heat. Peel the carrots, cut the tops and slice them. When the water boil add the carrots. Cover and cook about 10 minutes until the carrots are soft. Remove from the heat and dry the carrots. Pour all the ingredients into the food processor and blend until it's creamy. Return into the saucepan and cook over high heat about a minute more.

## Cheddar Ale Dip

### Ingredients

2 tbs butter  
1 shallot  
1/2 carrot  
3/4 Killian's or other ale  
4 oz sharp cheddar  
4 oz sharp white cheddar  
3 oz cream cheese  
salt

### Directions

Melt the butter in a small sauce pot.

Add chopped onion and shredded carrot. Saute for a couple of minutes and add the ale. Simmer, on medium for about 10-13 minutes. The ale will cook down somewhat.

Grate in the cheeses. Add the cream cheese and salt. Using a rubber whisk, cook, stirring, until all cheese is melted. Run it through the food processor or blender to make it smooth.

If you want: Transfer it to a ramekin, add some cheese on top and set it under a broiler until the cheese is golden.

## Spicy Sour Cream Dip

### Ingredients

1/2 cup low-fat sour cream  
2 tablespoons ketchup  
1/2 teaspoon salt  
1/8 teaspoon crushed red pepper flakes  
1 teaspoon finely grated horseradish  
1/4 teaspoon paprika

### Directions

Stir everything together well and serve immediately or refrigerate.

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