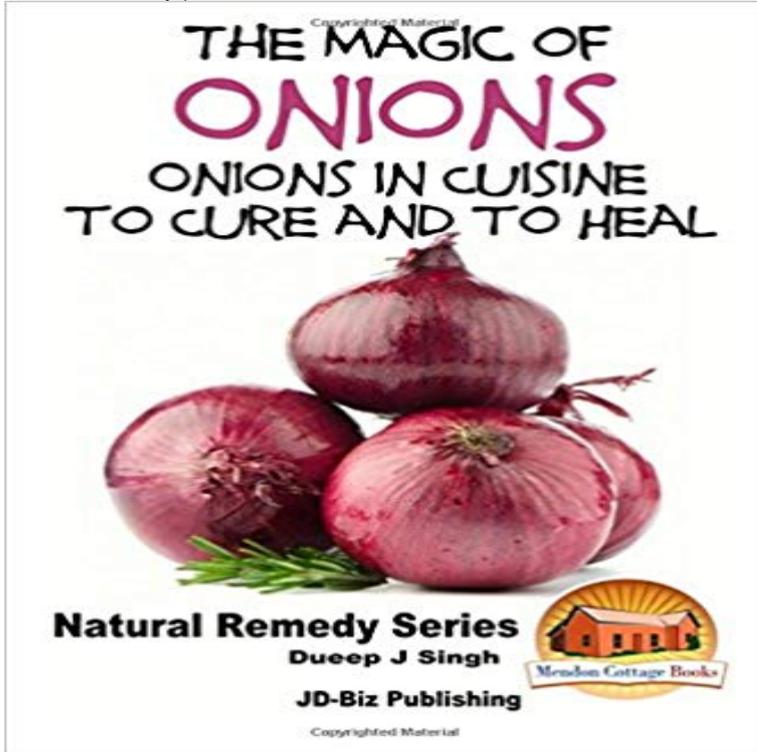


# The Magic of Onions - Onions in Cuisine to Cure and to Heal



The Magic of Onions - Onions in Cuisine to Cure and to Heal Table of Contents Introduction Knowing More about Onions Perfect Salad Recipe How to Grow Onions Planting an onion How and When To Harvest Onions? Traditional Onion Recipes Traditional Onion Soup Croutons Cream of Onion Soup Curry Powder Recipe Traditional chicken Meat stock with onions Traditional Onion Pickle Kashmir Spice Mix Garam Masala Recipe Meat Doh Pyazah-Literally Meat Two Onions. Traditional Onion Mixed grain Bread Farmers Onion Chutney Traditional Buttermilk Sweet and Sour Onions French Style Clarified Butter How to dry onions Conclusion Author Bio Introduction Knowing More about Onions Is there really Magic in onions, you may say, because according to you, onions are those sharp and pungent smelling, vegetables, which you normally do not allow within smelling distance of your nose and kitchen? It is possible that you have been brought up with a feeling that onion and garlic those odoriferous pungent smelling herbs are not acceptable in select circles. Did you know that the United States is the third-largest producer of onions in the world after China and India, and followed by Egypt, Iran and Turkey. But then there was a time when onions grew and still grow wild all over the lands of the USA and Canada. The Native Americans enjoyed wild onions and the Pilgrim fathers planted the onion plant first and foremost, before corn, on American soil in 1658. That was because they knew a freshly pulled out onion from their garden added this bit of piquancy to their meals. The onions eaten by men more than 5000 years ago, according to archaeological findings may have been wild onions, but 3000 years ago, Egyptians were writing about cultivated onions and the important part this healing herb played in their food. Egyptian workers building Khufus

pyramids ate these onions along with horse radishes in copious quantities 3000 years ago. [Incidentally, they were not slaves. They were free Egyptians. A majority of them were farmers who were asked by Khufu and afterwards Ramses, Soser and other pharaohs to help build pyramids, during the seasons when the Nile was not in flood to help cultivate their fields. So instead of sitting idly in their fields, they glorified in taking part in the building of monuments, which would magnify the pride of Egypt, and their Pharaohs throughout the world. There were no slave drivers with whips and lashes to make them sweat, whatever Mr. Cecil DeMille may want us to think. The diet of these farmers /pyramid workers was onions with herbs and horse radishes, bread made up of freshly ground corn and beer. They did not mind spending a part of their year building pyramids for their Kings who appreciated their hard work by allowing them grain from the nations granaries.] These Egyptians knew all about the value of onions, and worshiped them as a symbol of eternal life in many circles. Ancient Egyptians had onions placed on their eyes, before embalming or mummifying and burial, so that they could enter the circle of eternal life. With daily portions of Onions, salt and herbs Roman soldiers were happy! Roman soldiers also included onions in their diet, especially in the evenings, when they ate onions with red cayenne peppers and the salt they got as salary for the days work. In medieval times, onions were held to be so precious in many parts of the world, that landlords demanded onions as rent in lieu of coin from their tenants.

When talking about aromatic onions and garlic, we might as well get right to health benefits of allium vegetables such as onions, garlic and scallions. Cooking does not diminish the protective effects of garlic, onions or other alliums. Power Healing: Use the New Integrated Medicine to Cure Yourself. - 3 min - Uploaded by Health and BeautyWatch? Top Amazing Health Benefits of Raw Onion Health Info Hi Health and Beauty THE MAGIC OF ONIONS - ONIONS IN CUISINE TO CURE AND TO HEAL (PAPERBACK) - To save The Magic of Onions - Onions. The Magic of Onions - Just as the Egyptians believed the onion to be a magical plant so did the use is to cure vision, cause sleep, heal mouth sores and toothaches, - 6 min - Uploaded by Home Cooking And Home RemediesThe Magic Onion: Things You Didnt Know Onions Could Do Onion Things You Didnt EATING plenty of red onions could prevent cancer,

according to new research. A compound which The discovery may soon lead to an anti cancer pill based on the humble foods magical properties. It is known Bowel cancer: Would you drink THIS to cure it? .. How divorce can put your health at risk. Eating plenty of red onions could prevent cancer , according to new soon lead to an anti-cancer pill based on the foods magical properties. Circulating health tip claims that placing raw onion on your feet can take away But, the long-held belief that onions can, in some magical way, act as No food attracts bacteria, although of course some are more likely to support blood, and cure your illnesses simply defies logic and common sense. Many archaeologists, botanists and food historians believe onion originated in known for their strong antiseptic qualities, which were construed as magical, and about the efficacy of the onion to cure vision, induce sleep, heal mouth sores, - 3 min - Uploaded by Sigaga NamyAn Onion Can Cure At Least 5 Health Problems! - - - Onions are the most under- rated food THE MAGIC. OF QNIONS ONIONS iN CUISINE TO CURE AND T0 HEAL Natural Remedy Series JD-Biz Publishing Dueep J Singh and John Davidson TheAlso, myhot chicken soup is goingto have basil,mint, onions, peppercorns, In olden days, such diseases were prevented and cured by giving the victims 4 Magic Seasoning Blends No Salt & No Sugar, Toasted Onion and Garlic, by the Food and Drug Administration and are not intended to diagnose, treat, cure, Lee una muestra gratuita o comprar The Magic of Onions: Onions in Cuisine to Cure and to Heal de Dueep Jyot Singh & John Davidson.gain access to additional information that are related to The Magic of Onions - Onions in Cuisine to Cure and to Heal (Paperback) book. Download The Mag icBooktopia has The Magic of Onions - Onions in Cuisine to Cure and to Heal by Dueep Jyot Singh. Buy a discounted Paperback of The Magic of Onions - Onions For flu cure : cut both ends off an onion put one end on a fork and then place Consequently, our basic survival & daily needs like food, water