

Farfel-n-Purple Onion Rose

Recipe By Raizy Lederman



Cooking and Prep: 
1.5 h

Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Cuisines: Ashkenazi

Farfel may be a simple food but when you serve it in these stunning purple onion roses you'll move it from simple to spectacular.

Ingredients (8)

Main ingredients

- 1 (11-ounce) package farfel
- 2–3 tablespoons oil for the farfel, plus additional 3 tablespoons for the onions
- 1 teaspoon salt
- 1/4 teaspoon garlic powder

- 1/8 teaspoon onion powder
 - 1 teaspoon sugar
 - 3 and 1/2 cups water
 - medium-sized purple onions for garnishing
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Start Cooking

Cook the Farfel

1. In a three-quart pot, brown the farfel in the oil for five minutes, stirring constantly.
2. Add the salt, garlic powder, onion powder, sugar, and water. Stir. Bring to a boil. Cook for 20 minutes.

Create the Purple Onion Roses

1. Peel an onion. Cut off a half-inch slice from the top and discard. Cut a thin slice of onion from the bottom so the onion sits flat. Using a sharp knife, cut slits around the onion's circumference (in an asterisk-like shape), leaving about half an inch from the bottom unslit.
2. Repeat with the remaining onions.
3. Place the onions onto a baking pan lined with parchment paper. Pour oil over each onion. Bake for about 50–60 minutes, basting continuously with oil every 10–15 minutes.
4. Cool. Spread the “petals” apart to obtain rose petal effect. Fill with farfel and serve.

Credits

Photography: Chanie Edelman

Styling: Joy Devor