



Onion Dicing

The word dice means to cut into tiny cubes and the most common complaint about dicing onions is the “crying” that happens when onions are cut. To stop your eyes from watering when dicing raw onions, try putting the onion in the freezer for 10 minutes or in the fridge for 1 hour before dicing. It’s the acid in the onion that makes you cry. Using a very sharp knife might also help you avoid the tears!

There are few steps involved in dicing an onion and the first one is to peel off the outer skin with a paring knife.

Cut the onion in half lengthwise and lay the cut side down on a clean cutting board. The bottom of the onion is the end with the small roots sticking out. Slice off the top or stem and throw it away. Don’t cut the root end off—it helps hold the onion together as you cut.

Make a series of evenly spaced, parallel, lengthwise cuts up to the root. The closer the cuts, the finer the dice.

Next, turn your knife sideways and make 2 or 3 slices, parallel to the cutting board, toward the root end, but not all the way through.



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The final step is to make even cross-wise cuts all the way through from top to bottom. The onion will fall in tiny pieces. Throw away the very bottom or the root end.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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