

#FLAVOUR

Not All Onions Are Equal

Understanding Red, Yellow, and White Onions: Differences, Uses, and Flavour Profiles



Onions are among the most essential ingredients in global cuisine. Though they all share the same botanical genus (*Allium*), not all onions are created equal. The three most common varieties, red, yellow, and white, differ in flavour, appearance, texture, and culinary application. Understanding these differences can greatly enhance how you use onions in your cooking, whether you're caramelizing, pickling, grilling, or serving raw.

Yellow Onions: The All-Purpose Kitchen Staple
Yellow onions are the most commonly used type and are considered the all-purpose onion in many cuisines. They have a golden-brown papery skin and white flesh with a slightly sweet, sharp flavour that mellows and deepens with cooking. When sautéed or caramelized, yellow onions develop a rich, complex sweetness that forms the foundation of countless savory dishes.

These onions are ideal for long-cooked dishes such as soups, stews, sauces, and roasts, where their natural sugars can fully develop. French onion soup, for instance, traditionally relies on yellow onions for that deep, sweet flavour after slow caramelization. Their balanced flavour also makes them suitable for stocks and gravies.

Red Onions: Vibrant, Mild, and Best Raw
Red onions are easily recognized by their purplish-red skin and layers that often have a similar reddish hue. They are generally milder and slightly sweeter than yellow onions when raw, making them a popular choice for dishes where the onion is not cooked. Their crisp texture and vibrant colour make them a favourite in salads, sandwiches, burgers, and salsas.

Because of their striking colour, red onions are also commonly used for pickling. Quick-pickled red onions retain their crunch and develop a tangy flavour that complements tacos, wraps, or grilled meats. However, when cooked, red onions tend to lose both their colour and some of their sweetness, which makes them less ideal for caramelization compared to yellow onions.

White Onions: Sharp, Crisp, and Traditional in Latin Cuisine
White onions have a pure white skin and flesh and are known for their sharper, more pungent flavour compared to yellow and red onions. They have a high water content and a very crisp texture, which makes them well-suited for recipes that require a strong onion bite.

In Mexican and Latin American cooking, white onions are frequently used in salsas, guacamole, and ceviche, and are often served finely chopped as a topping for tacos and grilled meats. They are also used raw in salads or lightly sautéed in stir-fries. Though they can be cooked, their assertive flavour and high water content mean they don't caramelize as richly as yellow onions.

Nutritional and Culinary Considerations
All onion varieties contain beneficial compounds like quercetin, sulfur compounds, and antioxidants. Red onions tend to have higher levels of antioxidants due to their anthocyanin-rich pigments. Nutritionally, the differences among red, yellow, and white onions are minor, and all contribute valuable flavour without adding many calories.

When choosing an onion, it's important to consider the flavour profile you want:

- Use yellow onions for deep, sweet flavour in cooked dishes.
- Use red onions when colour and mildness are key, especially in raw applications.
- Use white onions when you want a sharper edge, particularly in Latin or raw preparations.

While red, yellow, and white onions may seem interchangeable at a glance, each brings its own distinct qualities to the table. Understanding their unique characteristics allows home cooks and chefs alike to make informed decisions in the kitchen, elevating everything from a simple salad to a complex curry. Whether you're caramelizing yellow onions for a hearty soup, tossing red onions into a salad for crunch and colour, or spicing up tacos with crisp white onion, choosing the right type can transform your dish from ordinary to exceptional.

Prakash Bhandari
The writer is a senior journalist

O' Sagat! Bangladesh Is Burning!



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The writer is a senior journalist

Lt Gen Sagat Singh, the real hero of the 1971 Bangladesh Liberation war, and the 1600 Indian soldiers who gave their lives to enable Bangladesh gets itself free from Pakistan and become an independent nation, must be turning in their graves after hearing that disgruntled youth of Bangladesh vandalized the war memorial being raised in Ashuganj in Bangladesh.

The mob, mostly youth and college students, vandalized the iconic sculpture depicting the 1971 Pakistan surrender, defacing the faces of Indian army officers who played a crucial role in the liberation of Bangladesh liberation war. The sandstone sculpture at the Ashuganj war memorial, showing the surrender of the Pakistan army at the Dhaka Race Course, was created at the Ashuganj war memorial in Brahmanberia and is almost complete. Ashuganj is close to Agartala. The foundation stone of this war memorial was laid by both Prime Minister Narendra Modi and the former Prime Minister Sheikh Hasina in March 2021, when the

Indian Prime Minister visited Bangladesh.

The war memorial is almost ready and all the names of the 1600 Indian soldiers, who laid their lives, would be inscribed in the war memorial, so that everybody can know who those people are who laid their lives for the liberation of Bangladesh. Ashuganj, on the border of Agartala, has particular significance in the liberation war...



#HEARTBREAK



Maj Chandrakant Singh was sore that the people of Bangladesh are indulged in vandalizing the war memorial, which shows how ungrateful are the people of Bangladesh having forgotten the valour and the sacrifices of the Indian soldiers. The political change in Bangladesh sparked off great hatred against India.

The Pakistan army, helped restore law and order and civic services. Just a week after the famous surrender of the Pakistan army on December 16 1971, he handed over the control of Dacca to the democratically elected government of Bangladesh on December 22," said Maj Chandrakant Singh, a war hero of the Bangladesh liberation war, who was awarded *Vir Chakra* for his valour in the Bangladesh war.

Maj Chandrakant Singh of 4 Guards (1 Rajput) has put together Lt Gen Sagat Singh's own personal account as he himself was actively involved in the war theatre.

Maj Chandrakant Singh, a well-known military historian, has served with the United Nations forces in the Middle East. During the Bangladesh war, he was in the

wounded and was awarded the *Vir Chakra*. He was among the officers who was deputed to receive Mujibur Rahman at Dacca on his return from imprisonment in Pakistan.

Maj Chandrakant Singh was sore that the people of Bangladesh are indulged in vandalizing the war memorial, which shows how ungrateful are the people of Bangladesh having forgotten the valour and the sacrifices of the Indian soldiers.

The political change in Bangladesh and the ousting of the Prime Minister Sheikh Hasina in the afternoon of August 4, 2024, and her fleeing from Bangladesh and taking refuge in India sparked off great hatred against India. She has been sentenced to death in absentia as she had been in exile in India



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman



#HUMAN

We Are Old Really Old

Moroccan Fossil Finds Rewrite the Story of Human Origins



First of our kind found in Morocco.

A groundbreaking fossil discovery in Morocco has transformed our understanding of where and when Homo sapiens first emerged. For decades, the scientific consensus placed the origin of modern humans in East Africa around 200,000 years ago. However, the unearthing of ancient remains at the Jebel Irhoud site in northwestern Morocco has pushed that timeline back by at least 100,000 years, and expanded the geographical range of our early ancestors.

In 2017, a team of paleoanthropologists led by Jean-Jacques Hublin of the Max Planck Institute uncovered fossilized bones and stone tools at Jebel Irhoud that date to about 300,000 years ago. The fossils included parts of skulls, jaws, teeth, and limb bones belonging to at least five individuals. Their anatomical features were unmistakably Homo sapiens, including a modern-looking face, yet they retained some archaic traits, such as an elongated braincase. This blend of features suggested these were early members of our species, existing long before the previously accepted emergence point.

The stone tools found at the site also added to the picture. Sophisticated flint blades showed signs of advanced shaping techniques, and the presence of burned flint suggested that fire was used systematically. This level of technological development, combined with the anatomical evidence, points to a much earlier stage in human evolution than previously imagined.

The implications are profound. Rather than a sudden 'birth' of Homo sapiens in one location, the evidence from Jebel Irhoud supports a more gradual, pan-African evolution of our species. Human traits may have developed across different populations scattered across the continent, eventually blending

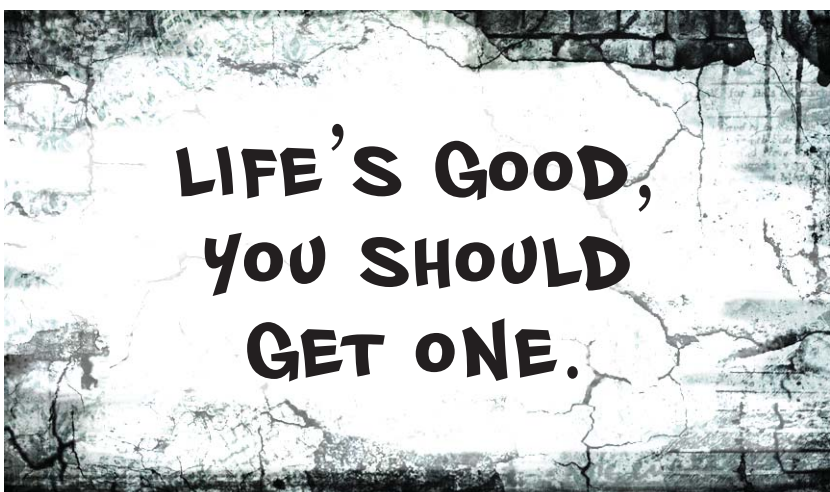


together into what we now recognize as modern humans. This view challenges the long-held 'Out of East Africa' model and replaces it with a more complex and nuanced picture. The Moroccan fossils reveal that the cradle of humanity was not limited to one region but was likely a continent-wide process involving interconnected groups. These populations may have shared knowledge, technologies, and genes, gradually giving rise to the species we are today.

Furthermore, the Jebel Irhoud discovery has sparked renewed interest in other underexplored regions of Africa. It encourages scientists to look beyond traditional fossil sites in Ethiopia and Kenya and consider the wider landscape in piecing together our deep history. In short, the Moroccan fossil find has shifted the narrative of human origins. It has not only pushed back the timeline of our species but also redefined the way we understand human evolution. Instead of a singular birthplace, Homo sapiens may have arisen through a complex web of evolutionary processes across Africa. As research continues, the Jebel Irhoud fossils serve as a powerful reminder that our past is far more intricate, and far more widespread, than once believed.



THE WALL



BABY BLUES

