

Traditional Italian Stuffed Onions with Pecorino Breadcrumbs

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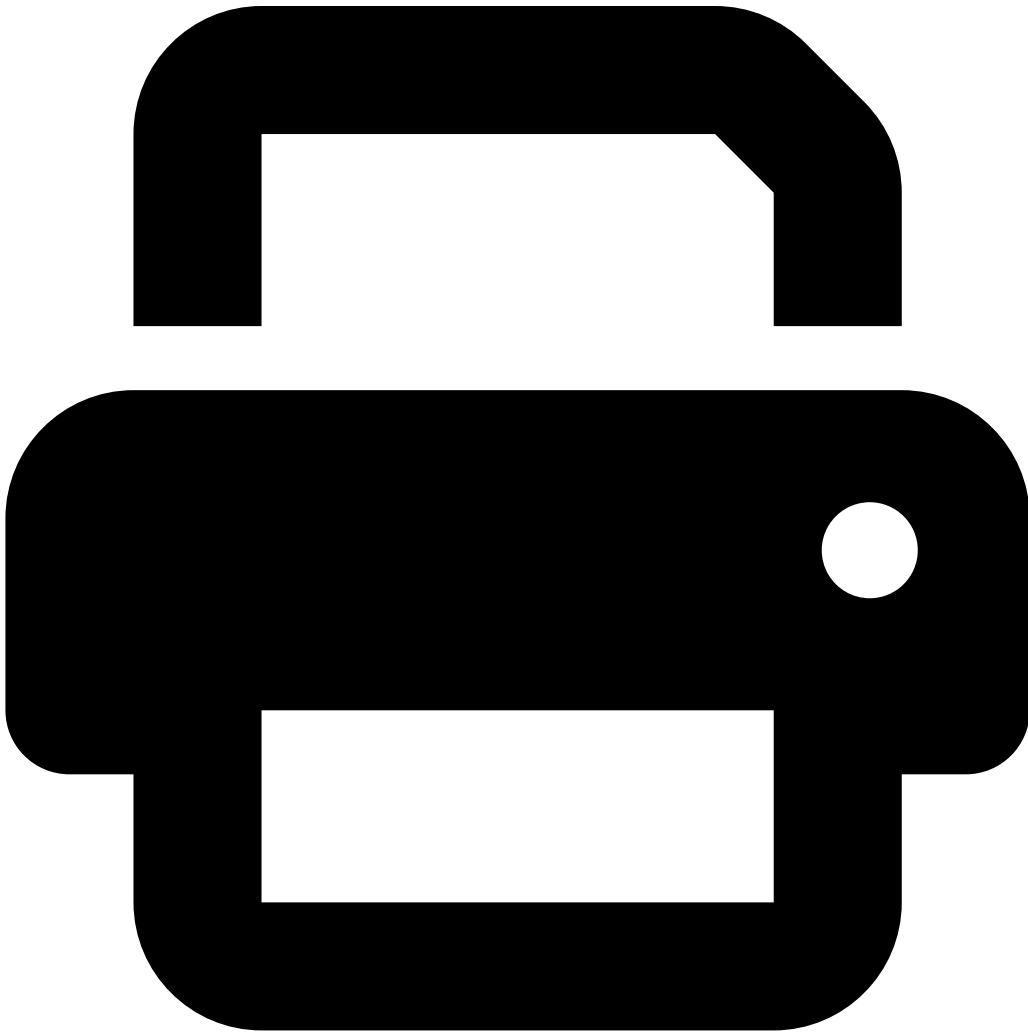
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When red onions are freshly harvested, they have a sweetness and tenderness that store-bought onions simply can't match. After picking a beautiful batch from the garden, I wanted to prepare them in a way that highlighted their natural flavor rather than covered it up.

This traditional Italian-style recipe does exactly that. The onions are softened, separated into delicate petals, and wrapped around a simple filling of pecorino, breadcrumbs, parsley, and garlic. As they bake in a mixture of white wine and chicken stock, the onions become silky and sweet while the tops turn beautifully golden.

It's the kind of rustic dish you might find on an Italian family table, where simple ingredients are treated with care and transformed into something memorable.

Things to know about this Traditional Italian Stuffed Onions with Pecorino Breadcrumbs

Tips for Success

- Use freshly grated pecorino for the best flavor.
- Don't overcook the onions during boiling.
- Pinot Grigio or Sauvignon Blanc work beautifully in this recipe.
- Save every drop of the pan sauce for serving.

What to Serve with Stuffed Onions

These stuffed onions pair beautifully with:

- Grilled chicken
- Roast pork
- Italian roasted potatoes
- Heirloom tomato salad
- Crusty Italian bread
- Grilled sausages

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Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days.

Reheat in a 350°F oven until warmed through.

Final Thoughts

These Traditional Italian Stuffed Onions are proof that simple ingredients often make the most memorable dishes. The sweet onion petals, savory pecorino filling, and delicate wine sauce come together in a recipe that feels rustic, comforting, and timeless. Whether served at a holiday gathering or alongside a weeknight meal, they're a beautiful way to celebrate the flavors of the season.

More Italian Side Dishes to Try

If you enjoy traditional Italian vegetable dishes, here are a few more family favorites to serve alongside these stuffed onions:

- **Italian Green Beans and Tomatoes** – A simple summer side dish featuring fresh green beans simmered with tomatoes and olive oil.
- **Easy Summer Zucchini and Tomato Gratin** – Layers of zucchini and tomatoes baked with breadcrumbs and parmesan until golden.
- **Italian Roasted Potatoes** – Crispy on the outside, tender on the inside, and seasoned with garlic, rosemary, and olive oil.
- **Italian Tomato Salad with Heirloom Tomatoes** – Fresh, juicy tomatoes dressed simply with olive oil, basil, and a touch of vinegar.
- **Chopped Peach Caprese Salad with Italian Vinaigrette** – A sweet and savory summer salad made with ripe peaches,

mozzarella, and fresh basil

One of my favorite things about Italian cooking is how a few simple side dishes can turn an ordinary meal into something memorable. Mix and match these recipes with these stuffed onions to create a beautiful spread filled with fresh, seasonal ingredients and traditional Italian flavor.

Traditional Italian Stuffed Onions with Pecorino Breadcrumbs



Fresh red onions are gently boiled until tender, separated into layers, and wrapped around a traditional Italian filling made with pecorino romano, breadcrumbs, parsley, garlic, and olive oil. A splash of white wine and chicken stock creates a delicate pan sauce that keeps the onions moist while they bake to perfection.

- 4 medium red onions
- 1 Tbsp. salt for boiling water

For the Filling

- 1 cup Italian breadcrumbs
- 1/2 cup grated pecorino Romano cheese
- 1/3 cup chopped fresh Italian parsley
- 1 medium egg slightly beaten
- 1 clove minced garlic

- Centers from the onions, finely chopped
- 2 Tbsp. olive oil
- salt and black pepper to taste

For Baking

- 1/2 cup dry white wine
- 1/2 cup chicken or vegetable stock
- Extra olive oil for drizzling
- Extra pecorino Romano and breadcrumbs for topping

1. Boil the Onions

Bring a large pot of salted water to a boil.

Add the peeled onions and cook for 15–18 minutes, or until slightly tender but still holding their shape.

Drain and allow them to cool until easy to handle.

2. Separate the Onion Petals

Cut the onions in half from top to bottom.

Carefully separate the layers, keeping them intact. Reserve the larger outer layers for stuffing and finely chop the smaller inner layers.

3. Prepare the Filling

Heat 2 tablespoons olive oil in a skillet over medium heat.

Add the chopped onion centers and cook until softened, about 4–5 minutes.

Transfer to a mixing bowl and combine with:

Add a tablespoon or two of chicken stock if needed. The

filling should be moist enough to hold together when pressed but not wet.

Breadcrumbs

Pecorino Romano

Parsley

Garlic

egg

salt and pepper

4. **Stuff the Onion Layers**

Place a spoonful of filling inside each onion layer.

Gently wrap or roll the onion around the filling to create small bundles.

Arrange them seam-side down in a lightly oiled baking dish.

5. **Add the Wine and Stock**

Pour the white wine and chicken stock around the onions, not directly over them.

Drizzle generously with olive oil.

Sprinkle with additional breadcrumbs and pecorino Romano.

6. **Bake**

Cover loosely with foil and bake at 375°F for 15 minutes.

Remove the foil and continue baking for another 15-20 minutes, until the onions are tender and the tops are golden brown.

7. **Serve**

Allow the onions to rest for 5 minutes before serving.

Spoon some of the pan juices over the onions and finish with fresh parsley and extra pecorino Romano.

Side Dish

Italian

traditional Italian stuffed onions