

CRUNCH TIME

Crying Over Onions



INGREDIENTS:

6 onions, peeled
2 slices of bread
50ml vinegar

EQUIPMENT:

Chopping board
Sharp knife
Fridge
Large bowl of water
Small personal fan
Paper towel
3 x snorkeling goggles



METHOD:

1. Cutting an onion unleashes an irritant. When the vapor reaches your eyes it turns into a form of sulphuric acid. The eyes then try to dilute the gas with tears.
2. Using a sharp knife when cutting onions slices through the onion rather than crushing it and thus fewer irritants are released
3. Chill onion in the fridge before cutting it. This reduces the amount of irritants released into the air.
4. Onion in a bowl of water and cut under the water.
5. Cut the onion in the draught of a fan, rangehood fan or open window so the gas blows away from your eyes.
6. Put a slice of bread in your mouth while you chop the onion to absorb the onion vapors.
7. Breathe through your mouth and stick your tongue out
8. Whistle while you work. The airflow while you whistle will direct the onion mist away from your eyes.
9. Put some vinegar on the chopping board.
10. Keep the exposed cuts of the onion away from you and keep the exposed cuts against the chopping board
11. Onions can't make you cry if the vapors from them never reach your eyes.
If all else fails try wearing some goggles while you chop onions.



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