

# Onion Rings Understood

Crispy on the outside and tender on the inside, onion rings are a popular appetizer, side dish or a fun topping on soups, salads and burgers. Onion rings can be made using a breading or battering technique. The following are basic steps for both techniques to making perfect onion rings. Experiment with the breading, batter or the dipping sauce to create a signature item.



## BREADED ONION RING STEPS



Preheat oil to 365 degrees F/185 degrees C.

Peel 2 large yellow onions. Slice crosswise to make 1/4 to 1/2-inch thick slices. Gently separate into individual rings, rinse with water and drain the excess. (Keep moist if preparing in advance.)



Whisk together 2 cups whole milk, 2 large eggs, 2 teaspoons Kosher salt and 1 cup all-purpose flour until smooth.

**NOTE:** Add paprika to flour mixture for extra color and flavor. For extra spice, add a pinch of cayenne pepper.



Sift together 2 cups all-purpose flour, 1 teaspoon double acting baking powder. Lightly toss onions in flour mixture until fully coated; pat off excess flour.



Drop onions into egg mixture and gently toss to coat evenly. (Stir egg mixture occasionally to keep flour mixed in.)



Lift onions out of egg mixture and transfer into 4 cups of breadcrumbs.



Gently toss onions in breadcrumbs to coat evenly.  
**NOTE:** Having plenty of breadcrumbs to work with is needed to secure an even coating.



Deep fry in preheated oil, turning occasionally (every 30-45 seconds) until golden brown.

**NOTE:** Frying time will vary depending on water content of the onions. More water equals more fry time. Spring/summer varieties tend to be higher in water content.



Remove onion rings from oil and drain.



Serve onion rings warm with your favorite dipping sauce.



## BATTERED ONION RING STEPS



STEP 1 & 2

Preheat oil to 350 degrees F/177 degrees C.

Peel 2 large yellow onions and slice crosswise to make 1/4 to 1/2-inch thick slices. Gently separate into individual rings, rinse with water and drain the excess. (Keep moist if preparing in advance.)



STEP 3

Sift 2-1/2 cups flour with 1 cup cornstarch and 2 teaspoons double acting baking powder. Mix in 2 teaspoons of kosher salt and 1 teaspoon ground black pepper. Whisk in 3 cups of beer or club soda and 1/2 cup water into the flour mixture until smooth. Let the batter rest for 5 minutes before using to ensure proper thickness.

**NOTE:** Beer batter tends to brown faster than club soda batter.



STEP 4

Sift 2 cups all-purpose flour. Lightly toss onions in flour until fully coated; pat off excess flour.



STEP 5

Dredge onions in batter to coat evenly.



STEP 6

Deep fry onion rings in preheated oil, turning occasionally (60 to 90 seconds), until golden brown.

**NOTE:** Frying time will vary depending on water content of the onions. More water equals more fry time. Spring/summer varieties tend to be higher in water content.



STEP 7

Remove onion rings from oil and drain.



STEP 8

Serve onion rings warm with your favorite dipping sauce.

### ONION RINGS TIPS

1. When cut 1/4 to 1/2-inch thick, onions will be tender on the inside and crispy on the outside.
2. Use one utensil (or hand) to coat onion rings with dry ingredients and another for the wet ingredients.
3. For a light, airy batter use beer, club soda or another low-sugar carbonated liquid. When using club soda and other bland liquids, more seasoning may be required.
4. Cornstarch does not brown as fast as flour, but is void of gluten. Using a 2.5 to 1 ratio of flour and cornstarch will help the batter adhere better to the onion and result in a finer textured, crisp, golden crust.