



Crunchy Onion Rings

I found this recipe online and modified it to avoid using a deep-fat fryer. The Panko bread crumbs and Coconut Oil make this an outstanding side dish - Ed Bottrell

Ingredients

2	Large onions, cut into $\frac{1}{4}$ -inch slices
1.5 Cups	All-purpose flour
1 tsp	Baking powder
1 tsp	Salt
1	Egg
1.25 Cup	Milk
1.25 Cup	Panko bread crumbs, ground fine with blender
	Seasoning (optional)
	Coconut or Canola oil, enough to generously cover the bottom of a large frying pan

1. Separate the onion slices into rings, and set aside.
2. Put flour, baking powder and salt into a plastic bag and mix thoroughly
3. Put rings into bag and shake until well coated
4. Arrange two cookie racks on top of 2-3 sheets of newspaper
5. Remove rings and put temporarily on the racks. A sieve may be used to preserve the flour mixture.
6. In a bowl, whisk the flour mixture, egg, and milk until almost smooth.
7. Dip the floured rings into the batter to coat, then place on the wire racks to drain until the batter stops dripping.
8. Spread the bread crumbs out on a plate or shallow dish. Place rings one at a time into the crumbs, and scoop the crumbs up over the ring to coat. Give it a hard tap as you remove it from the crumbs. The coating should cling very well. Repeat with remaining rings.
9. Heat the oil in deep frying pan to 365-375 °F. Fry the rings in several batches for about 1.5 minutes per side or until golden brown. Drain on paper towels and add seasoning if desired. Rings will keep in a warm oven for some time.