

Crispy Onion Rings

By Diane Kuehn

Onion rings are one of my favorites, especially when the weather begins to get a little cool. The vegan version of this recipe (which actually comes out even crispier than the non-vegan version) can be made by using an egg substitute in place of the egg. For a home-made egg substitute, see the "Do-It-Yourself Ingredients" section of my cookbook (use the "Rising Egg Replacer"). A neutral-flavored oil with a high smoke point should be used for the deep-frying (choose an oil that is suited to your dietary needs). For a thicker coating of batter, use 1 Tablespoon less water in Step 3 below. This recipe makes 4 to 6 servings.

Ingredients:

2 quarts of oil for deep frying
2 to 3 large yellow or purple onions
1 c. gluten-free flour mix
1 t. sugar (optional)
1 large egg or the egg substitute equivalent
1 T. neutral-flavored oil
1¼ c. hot tap water
1 T. Kosher salt (optional)



Step 1. Pour the 2 quarts of oil into a large sauce pan and heat to 350° degrees Fahrenheit over medium heat.

Step 2. While the oil is heating, use a heavy knife to cut both ends off the onions. Peel the papery outer skin off of the onions. Cut ½-inch thick slices of onion by slicing parallel to the cut ends. Separate the slices into rings, being careful not to break the rings.

Step 3. In a medium-sized bowl, mix together the gluten-free flour mix, sugar, egg or egg substitute, 1 T. oil, and hot tap water with a rubber spatula to form a smooth batter.

Step 4. Dip an onion ring into the batter, being careful to completely coat the inside and outside of the ring. Let any excess batter drip off. Using tongs, carefully place the batter-dipped ring in the 350-degree oil (use caution in case the oil splatters). Repeat for 4 to 5 other rings.

Step 5. Gently move the onion rings in the oil with a slotted spoon to prevent them from sticking together. When the bottom of each ring has turned golden brown (1 to 2 minutes), flip it over to cook the other side. When that side is golden brown, remove the onion ring from the oil with the slotted spoon and drain it on a paper-towel-lined platter. Sprinkle with a little Kosher salt while still warm.

Step 6. Let the oil temperature return to 350° F. Repeat steps 4 and 5 to make the rest of the onion rings. Enjoy while warm!

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