

# Southern-Fried Sweet Onion Rings

Thin enough to flash-fry but thick enough to let the sweet onion flavor shine through, these onion rings work well as a side dish but also are great as a stand-alone snack. Less is more when dipping the rings in the buttermilk mixture and then the flour mixture. Be delicate in the coating process, and make sure to let as much liquid and then as much flour fall off as possible. Less breading means less grease absorption and a crisper finished product. The flour should be as fine as possible, so reserve half of the flour mixture. When the first batch starts to get wet and gummy, replace it with the remaining half. The oil temperature matters, too. Heat the oil to at least 360° and fry the rings in batches. They cook so quickly it is easy to get through the frying in 10 minutes. Keep them warm in a 200° oven until all the frying is done.

## Ingredients (2 recipes side by side)

- oil
- 1 cup [all-purpose flour](#), plus extra for dusting
- 2 tsp smoked sweet paprika
- 1 tsp onion powder
- 1 egg
- 1 ½ cups buttermilk
- 2 large Vidalia [onions](#), cut into 1” thick slices
- ½ tsp baking powder
- 1 tsp kosher salt
- 1 to 2 quarts oil
- 1 ½ cups all-purpose flour
- 1 ½ cups finely ground cornmeal
- ½ cup cornstarch
- 1 egg
- 1 cup buttermilk
- 2 large Vidalia sweet onions, sliced ¼” thick
- ¼ tsp cayenne pepper
- kosher salt

## Directions Recipe #1

In a heavy bottomed pot, add enough oil to reach 4 inches up the sides. Preheat to 365° F.

In a medium-sized bowl, combine the flour, paprika, onion powder, salt, and baking powder. In a small bowl, whisk together the buttermilk and egg. Add the wet mixture to the dry mixture, whisking the batter until just combined. In a medium bowl or wide baking dish, add onion rings and dust with flour. Toss gently to uniformly coat rings, and shake off excess flour. Working in batches, dip floured onion rings into the batter, making sure they are thoroughly coated, then carefully add to the preheated oil. Cook until deep golden, flipping halfway through if necessary, about 2 minutes. Remove the onion rings to a paper towel-lined plate and season immediately with salt. Transfer to a serving platter and serve hot.

## Directions Recipe #2

Heat oil in a large heavy pot. It should be at least 3 inches deep, but more is better.

In a wide shallow bowl, whisk together flour, cornmeal, cornstarch and cayenne.

In a second bowl, beat egg and buttermilk.

Separate onion slices into rings.

Working in batches, lightly toss the rings in the flour mixture, then dip into the buttermilk mixture. Allow most of the liquid to drip off, then toss again in the flour mixture. Shake off as much flour as possible and place the rings into the hot oil.

Fry for 2 to 3 minutes or until golden brown, moving the rings around a bit in the oil to keep them separated.

Put the onion rings on a plate or bowl lined with paper towel and salt. Repeat until the onions are done.

# Sonic Onion Rings

## **Ingredients**

- Sliced and separated Spanish Sweet onions
- Pan or bowl of water
- Pan or bowl of all purpose flour
- Pan or bowl of melted vanilla ice milk
- Pan or bowl of ground corn meal
- Cookie sheet for air drying

## **Instructions**

Place above items on counter in order listed. Dip onion in water, then flour (shake off excess), dip in melted ice milk, then corn meal. Gently shake off excess and place on cookie sheet to air dry for at least 20 minutes.

Fry until browned.

Sifting the flour and corn meal once in a while keeps lumps out and makes it easier to coat the rings  
When placing on cookie sheets to save room, lean on top of each other to allow entire ring to dry.