

3B Onion Rings (Beer Batter Baked)

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 16 minutes

Serves: 4

CChints: During the spring sweet onions are available for this recipe. Walla Walla or Vidalia are best but a yellow onion will do just fine. Since these rings are baked the Panko bread crumbs will add a little crunch. If you don't have 1 beer, you can purchase one at your local liquor or convenience store.



To make a beer flat, you can pour 1/3 cup into a measuring cup in the morning and let it sit during the day until you are ready to use it. A flat beer will not foam when it is stirred with a fork.

1 large onion or 2 medium sweet onions
1/3 cup wheat or all-purpose flour
1/3 cup Panko bread crumbs
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon paprika
1/3 cup flat beer
1 large egg or 1/4 cup liquid substitute
2 tablespoons vegetable oil, divided
Cooking spray
1/4 cup ketchup or your favorite sauce

Preheat oven to 400 degree F. and get out a baking sheet and spray it with cooking spray.

Cut the onions into 1/2 -3/4 inch wide pieces. Gently push a ring in the center to separate into individual rings. You should end up with a total of about 16 rings.

In a shallow bowl, combine flour through paprika. Beat the egg and beer together and nadd to the flour mixture. Blend the batter together and it will be thick.

In a large nonstick skillet, heat 1 tablespoon oil over medium heat. You are going to be browning the onions in this skillet and it will probably take 2-3 times to get the all done. Dip 1-2 rings at a time into the batter. Coat the ring and shake off any excess. Lay them in the top oil. Continue doing this until the skillet if nearly full. Cook these for 1 to 1-1/2 minutes on each side, just to brown them slightly. Transfer the rings to your prepared baking sheet. Lay them out in a single layer.

Heat the remaining 1 tablespoon oil in the skillet and dip and brown the rest of the rings. Spray the rings with a light coating of cooking spray and bake for 10-12 minutes until crispy.

Serve with ketchup or your favorite sauce while they are still hot or warm. Enjoy a lighter side of a fried favorite.