



Crispy Onion Rings



Ingredients

3 Spanish Golden Onions	½ C. Chicken Stock	1 T. Baking Powder
¾ C. Non-Enriched, Non-Bleached Flour	1 Large Egg	Grappa/Wine
2 C. Non-Flavored Bread Crumbs	1 C. Cornmeal	½ t. Thyme
½ t. Garlic Powder	¾ C. Grated Parmesan Cheese	½ t. Paprika
Salt (to taste)		
Freshly Ground Black Pepper (to taste)		
Vito & Joe's Extra Virgin Olive Oil		
Sunflower or Peanut Oil (for frying)		

How to Prepare

Remove top & bottom from onion; remove peel being careful to keep onions in ring form. Slice onions in to 1/4" slices. Put onions in bowl and separate slices into individual rings.

Start your batter in a separate bowl. Whisk egg; add chicken stock, flour, baking powder, splash Vito & Joe's Extra Virgin Olive Oil, splash Grappa or Wine (can substitute club soda if you do not wish to use alcohol); salt & pepper to taste.

In a separate bowl mix your breadcrumbs, cornmeal, flour, garlic powder, thyme, grated parmesan cheese, paprika, salt & pepper to taste.

Fill a pot with your Sunflower or Peanut Oil and bring to 350°. Coat your onion rings first in the batter and then the bread crumbs; being careful to use separate forks for each layer. Put onion rings in the pre-heated oil until browned. Taking note to only do 4-5 onion rings at a time to ensure consistent oil temperature and browning consistency. Remove onion rings to cookie sheet when browned and sprinkle with salt to taste when finished.

Bon Appétit!