

Onion Rings (Deep-Fried Vegetable) - Yield: 2 servings

1 ea Large onion

For dredging:
As needed All purpose flour

For batter:
1 ea Egg yolk, beaten
4 fl oz Club soda
3 oz All purpose flour
½ tsp Baking powder
⅛ tsp Salt
1ea Egg whites

For frying:
As needed Vegetable oil, or other fat

1. Peel the onions and cut crosswise into ¼ inch slices. Separate into rings (save unusable pieces for another purpose).
2. Place the onions in cold water, if they are not used immediately, to maintain crispness.
3. Drain and dry the onions thoroughly when ready to use.
4. Combine the egg yolks and club soda in a bowl.
5. Add the dry ingredients to the liquid and mix to make a smooth batter.
6. Whip the egg whites to soft peaks.
7. Fold egg whites into the batter.
8. Heat the fat in a deep fryer or deep sauce pan to 350°F.
9. Dredge onion rings with flour and shake off excess.
10. Dip a few pieces at a time in the batter allowing excess batter to drip off.
11. Slowly and carefully lower the onion rings into the fat and allow to fry until golden brown.
12. Drain and serve immediately.