



THE J.M. SMUCKER Co

'Unfried' Onion Rings

Prep Time Cook Time Serves Difficulty

30 mins 17 mins 4 N/A

Ingredients

- 4 tbsp (50 mL) Vegetable or Canola Oil, divided
- 2 large Vidalia or Spanish Onion, sliced into 1/4" (0.5 cm) rounds
- 1 1/2 cups (375 mL) buttermilk
- 1 1/2 cups (375 mL) **Robin Hood®** Original All Purpose Flour

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- 1 1/2 tsp (7 mL) garlic powder
- 1 tsp (5 mL) cayenne pepper
- 1 1/2 tsp (7 mL) paprika
- 1 1/2 cups (375 mL) seasoned bread crumbs
- 1/4 cup (50 mL) grated Parmesan cheese
- salt and pepper to taste

Directions

Step 1:

Preheat oven to 450°F (230°C). Drizzle two large baking sheets with 2 tbsp (30 mL) oil each. Set aside.

Step 2:

Place buttermilk in medium sized bowl and season with salt pepper. Place flour, and spices in separate small bowl. Combine seasoned bread crumbs and parmesan cheese in third large bowl.

Step 3:

Toss 5 to 6 rings in buttermilk, then dip in flour mixture, then dip in buttermilk again and coat with breadcrumbs. Arrange in single layer on prepared baking sheets. Drizzle with additional oil if desired.

Step 4:

Bake in preheated oven 8 to 10 minutes, until golden on bottom. Turn over and continue cooking another 5 to 7 minutes until crispy. Serve immediately.

Images

