

CRISPY ONION STRAWS #1

F EASY

Last Modified: 12/10/2016

PREP: 30 Min
COOK: 15 Min
STOVETOP

VEGETABLES

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Large	Red Onions	Thin Sliced
1/2	Cup	All Purpose Flour	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	Cups	Canola Oil (For Deep Frying)	

PREPARATION

FACTOID	Use these as toppings for sandwiches, salads, casseroles, ANYTHING crisp, deep fried Onions will taste good on (Personally, I cannot think of anything that they won't taste good on).....
OPTION	You may optionally adjust these with a little Cayenne Pepper according to your tastes. For a little additional "light kick" to the flavor, you could also make these by soaking them in Buttermilk before coating with the Flour.
TOOLS	1) Small Mixing Bowl 2) Cast Iron Skillet OR Dutch Oven OR Deep Fryer 3) Deep Frying Thermometer
PREP	Peel and halve the Onions. Slice the Onions into 1/8 inch wide slices (as THIN as possible), separate the slices into straws carefully (cutting the very long ones in half) - sprinkle liberally with the Salt to draw out the moisture. Let stand while the Oil heats.
1	Preheat the (relatively flavorless) Canola Oil to 375 degrees in a heavy cast iron pan, dutch oven or deep fryer.
2	Sift the Flour, and Pepper into a small mixing bowl. Drop in a few of the Straws and lightly coat them by evenly stirring with your fingers or a fork.
3	Sprinkle the Straws gently (while separating) into the hot oil & stir constantly until nicely browned. Drain the cooked Straws on paper towels and sprinkle with more Salt while still hot.
HINTS	The Straws may be stored in a zip lock bag and frozen for extended periods or simply refrigerated for several days and used as you will.