

# OVEN BAKED CRISPY ONION RINGS

F EASY

Last Modified: 12/10/2016

PREP: 15 Min  
COOK: 20 Min  
OVEN: 400

VEGETABLES

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Large	Yellow Onions (Strong Oniony Flavor)	Sliced
OR			
3	Large	White Onions (Slight Oniony Flavor)	Sliced
OR			
3	Large	Vidalia Onions (Mild Oniony Flavor)	Sliced
3	Cups	All Purpose Flour	Divided
3	Tbsp	Smoked Paprika	
4	Tsp	Kosher Salt	Divided
2 1/2	Cups	Buttermilk	
5	Large	Eggs	
4	Cups	Panko Bread Crumbs (Kikkoman)	Divided
6	Tbsp	Olive Oil	
1 +/-	Pinches	Coarse Kosher Salt	To Taste

## PREPARATION

OPTION	You may optionally add in a little Cayenne Pepper to make the Onion Rings a little more flavorful if you like.
TOOLS	1) Pie Tin 2) Medium Mixing Bowl 3) 2 - Small Mixing Bowls 4) 2 - Aluminum Half Sheet Pans
PREP	<b>DISH</b> 1) Preheat the oven to 400 degrees with racks in the center and lower third.
1	Cut the Onions into 1/2 inch wide slices, separate the larger rings carefully - set aside the small inner circles for use later.
2	Line two sheet pans with parchment paper and set them aside.
3	In a small mixing bowl, combine the Flour, Paprika and 3 teaspoons of Salt. In another small mixing bowl or shallow dish, whisk together the Buttermilk and Eggs. Add 1/2 of the Flour Mixture to the Buttermilk and beat it until smooth and thickened.
4	In a medium mixing bowl, combine the Panko Bread Crumbs, Olive Oil and the remaining 2 teaspoons of Salt and set it aside. Take 1/2 cup of the Panko Bread Crumb Mixture and place them in a pie tin.
5	Lightly dredge the Onion Rings in the Flour Mixture and then drop them into the Buttermilk Mixture. Holding them with a fork, drain off the excess Batter and then dredge them in the Panko Bread Crumb Mixture.
6	Arrange the Onion Rings on the prepared sheet pans in a single layer. You can place smaller rings inside bigger rings if necessary, just make sure there is space between
7	As soon as the Panko Bread Crumb Mixture becomes gooey & sticky, discard it, wipe out the pie tin and add in fresh Bread Crumbs. Repeat steps #4 through #6 until all of the Onion Rings are coated.

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<b>8</b>	Place both sheet pans in the oven. Bake until golden brown, 14 to 20 minutes. Halfway through the cooking time, turn over each Onion Ring to ensure even crisping and browning on both sides.
<b>9</b>	Immediately sprinkle the baked Onion Rings generously with the Coarse Kosher Salt.
<b>SERVE</b>	Place on a serving platter and serve while hot.