

Homemade Onion Rings

One of my favorite things to serve alongside hamburgers and hot dogs is crispy onion rings! Satisfy your onion ring craving by making them at home.

Making onion rings at home is easier than you may think. Once you learn the method, it is a breeze from then on out.

This process is simple. You start by slicing the onions, making the batter, dipping the rings, and deep frying until golden and crisp. You will need a little patience to work in batches.

Serve onion rings with your favorite sauces. Excellent choices are fry sauce, ketchup, ranch dressing, BBQ sauce, honey mustard, and blue cheese dressing. Then be prepared for them to disappear as quickly as you serve them.

Some components go into a perfect onion ring, from a great dredge to a precise fry.

Typically onion rings are made with yellow, sweet, or white onions. White onions are more pungent than the other two varieties.

Wash and dry the onion. Cut off the onion's stem end, not the root, and peel back its outer peel.

With the peeled onion on its side, slice off a thin sliver from the side. Then place the onion on the cutting board with the sliver cut side down. This will stabilize the onion's position so it will not roll during slicing.

Curl your fingers inward as you grip the onion to protect your fingertips. Slice the onion to your desired thickness. Separate the onion slices into individual rings. Small rings can be battered and fried or saved in a baggie for other recipes.

Have you ever wondered why you soak onion rings in buttermilk before being fried? It may appear to be an odd procedure, but it serves a crucial purpose in making the perfect crispy and tasty food.

The lactic acid in buttermilk helps to tenderize the onions, making them softer and more flavorful. The goal is to create onion rings with a crispy exterior while maintaining a soft and tender interior. Buttermilk's acidity also helps to neutralize some of the pungent flavors of the onions, creating a more balanced taste. In addition, buttermilk soaking can improve the nutritional value of the dish.

Onion rings can be made using a breading or battering technique. It is amazing how many ways there are to mix things up and add a unique twist to onion rings. Some options include:

- To create different textures, experiment with different types of flour, breadcrumbs, cornmeal, crushed chips or cereal, or coconut in the batter or coating.
- Add herbs or spices to the buttermilk soak or the batter for added flavor.
- Serve the onion rings with flavorful dipping sauces, such as BBQ sauce, ranch dressing, garlic aioli, or honey mustard.

When cooking onion rings, using a neutral oil with a high smoking point is best. Use an oil with a smoke point of at least 350°F. Due to its high smoke point, vegetable oil is a great all-purpose oil for deep frying; if you want a different option, canola and peanut oil work well.

When there is too little batter, the onion is exposed to the oil. The onion sugars caramelize and burn while tissues dry out, turning papery and tough.

If the onion ring has too much batter, it will retain too much moisture, and as soon as it is removed from the oil, the batter will begin to turn soggy.

Keep fried onion rings warm by laying them in one layer on a baking sheet in the oven at 200°F while you fry the rest. Keep the onion rings separate from each other. Do not pile them on each other, or they will get soggy.

Once you make homemade onion rings, you will wonder why you do not do it more often! It takes just as long to make them from scratch as it does to heat your oven and bake the frozen ones.

(Sources: gillsonions.com; www.tastingtable.com)