

FEATURED Choice Batter[®] Recipe

Fried Onion Rings

General Instructions for Frying with Choice Batter[®]

When frying, an electric skillet, frying pan or deep fryer can be used.

Visit www.ChoiceBatter.com for additional frying tips.

- Canola oil is recommended.
- In an electric skillet or frying pan, use enough oil to cover at least half the thickness of onion rings being fried.
- Preheat oil to about 370°F.
Note: Ensure the oil is correct frying temperature by dripping a drop of mixed batter into the oil. If it sizzles and floats to the top- the oil is ready. If the droplet of batter sinks and stays on the bottom, the oil is still too cool for frying.
- Mix one cup of ChoiceBatter[®] with 1 cup and 1 tablespoon of water in a bowl, and let stand for five minutes.

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1. Heat your oil to about 370 degrees.
2. Cut the onion into thinly sliced rings, about 1/4-3/8 inch thick.
3. Place separated onion rings into plastic bag with some dry Choice Batter[®] mix. Shake to dry coat.
4. Mix the batter using about a 1/1 mixture or preferably slightly more water to make a thinner batter. (If you like beer-battered onion rings, replace the water with gluten-free beer.) Let stand for 5 minutes.
5. Coat the onion rings, and fry until golden brown.
6. Enjoy!



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