Cat Cora's Spicy Onion Rings

Cat Cora
www.dashrecipes.com

Servings: 4
Preparation Time: 20 minutes
Start to Finish Time: 1 hour 20 minutes

1 large sweet yellow onion
1 cup buttermilk
1/4 teaspoon cayenne pepper
1 cup all-purpose flour, divided
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper
1 teaspoon garlic, granulated
6 ounces beer, medium body
2 cups canola oil

Cut the onion 1/2-inch thick, remove the dark exterior, separate into rings and soak in buttermilk mixed with 1/4 teaspoon of cayenne pepper for one hour.

In a bowl, mix 1/2 cup of flour, salt, pepper, cayenne and garlic. Set aside.

In a medium-sized bowl, combine the beer and the remaining flour. Mix thoroughly.

In a large, deep pot, heat the oil to 350 degrees.

Remove the onion rings from the buttermilk. Shake off the excess, dredge in the flour mixture and then dip in the beer batter.

Drop some onion rings into the oil and repeat the process, being sure not to crowd the rings in the pot because they will stick together.

When golden, remove the rings and let drain on paper towels.

Per Serving (excluding unknown items): 1105 Calories; 110g Fat (88.3% calories from fat); 5g Protein; 27g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 332mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 22 Fat.