

Oven-Baked Onion Rings

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  8

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Low Fat

Source: Family Table by
Mishpacha Magazine

These garnered rave reviews from tasters of all ages. They're dipped in flour, then in a well-seasoned beer batter, and then very lightly in panko crumbs. The result — outstanding, really crunchy, and flavorful onion rings. You're going to love them!

Ingredients (14)

Main ingredients

- 2 medium/large onions
- oil, for oven baking
- 1 and 1/2 cups flour, divided (I used white spelt)
- 1/2 teaspoon chili powder
- 1/2 teaspoon Gefen Garlic Powder
- 1/2 teaspoon Gefen Onion Powder

- 1/2 teaspoon smoked paprika
 - 2 teaspoons brown sugar
 - 1/8 teaspoon black pepper
 - 1/8 teaspoon white pepper
 - 1 teaspoon kosher salt
 - 1 cup beer (see note)
 - 1 cup Gefen Panko Crumbs
 - 1/2 rounded teaspoon regular salt
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Start Cooking

Prepare the Onion Rings

1. Slice onions into 1/2-inch (1- and- 1/4-centimeter) slices and separate the rings. Place in a large bowl filled with water and ice cubes. Set aside for 30 minutes. (This removes the sharp taste.)
2. Line two non-disposable baking sheets with Gefen Easy Baking Parchment Paper. Pour oil lightly over each sheet, but don't overdo it.
3. Preheat oven to 450 degrees Fahrenheit (230 degrees Celsius).
4. Prepare a large flat plate with 1/2 cup flour. Place remaining one cup flour and all the spices, aside from the regular salt, in a large bowl. Stir to combine. Add the beer and mix to make a smooth batter. Prepare another plate with panko crumbs and regular salt, and mix together.
5. Working with one onion ring at a time, remove the rings from the water and dredge in flour until well coated. Dip in the batter, allowing excess batter to drip back into the bowl, and then into the panko crumbs to gently coat. Set aside until ready to bake.
6. Heat trays with oil in the oven until the oil is very hot. Carefully place the battered onion rings in the oil, taking care not to overcrowd them.
7. Return the trays to the oven and bake for eight minutes; flip over and bake an additional eight minutes. Drain on paper towels.
- 8.

Serve warm with ketchup on the side, if desired.

Note:

When pouring the beer, wait until it fizzes out to measure a cup.

Tip:

When slicing the onions, any pieces that don't come out nice and round can be used for something else. For a lighter onion ring, skip the last step of dipping in crumbs. It will still be crispy but less crunchy.

Credits

Food and Prop Styling by Renee Muller

Photography by Moshe Wulliger