

# BLEU'S FRESH FRENCH-FRIED ONION RINGS

RECIPE CREATED BY MARY KATHRYN EVANS

WITHOUT A DOUBT, THIS IS THE BEST FRENCH ONION RECIPE IN THE WORLD. **NOTE: YOU WILL NEED A MANDOLIN KITCHEN SLICER FOR THIS RECIPE. ALSO, AN 8-10 QT. DEEP FRYING PAN, AND HEAT RESISTANT SLOTTED SPOON. A DANGER TO THIS RECIPE IS OVER FILLING A BATCH THAT WILL SPILL OVER AND START A KITCHEN FIRE. ALWAYS HAVE A CODE A-B-C FIRE EXTINGUISHER (THE C INCLUDES OIL) IN YOUR KITCHEN AT ALL TIMES! JUST ASK MY COUSIN LINDA LOU EVANS SCHMIDT.....TRUE!**



## **INGREDIENTS:**

- **4 LARGE WHOLE WHITE ONIONS (DEPENDING ON HOW MANY PEOPLE YOU ARE GOING TO SERVE. I SUGGEST YOU EXPERIMENT MAKING THIS DISH AND YOU WILL COME TO RECOGNIZE THE ACTUAL INGREDIENTS YOU NEED AT A GIVEN TIME)**
- **A PLASTIC BOWL (OR A LARGE PLASTIC BAG TO PUT THE ONIONS IN TO SOAK IN WHOLE MILK OR BUTTERMILK FOR AT LEAST 5 HOURS, OVERNIGHT IS BETTER)**
- **ENOUGH MILK TO COMPLETELY COVER THE ONIONS**
- **2-1/2 CUPS OF ALL-PURPOSE FLOWER**
- **2-1/2 TABLESPOONS SEA SALT FOR THE FLOWER MIXTURE AND THE ADDITIONAL SALT TO PLACE ON THE COOKED ONIONS**
- **2 TABLESPOONS OF FRESH GROUND PEPPER**
- **1 TABLESPOON OF GRANULATED SUGAR**
- **ENOUGH CANOLA OIL TO FILL THE FRYER 1/3 FULL**



## **INSTRUCTIONS:**

- 1. CLEAN THE ONIONS BY CUTTING THE HEAD AND TAIL OFF.**
- 2. YOU WANT THE ONIONS AS THIN AS POSSIBLE, 1/8 TO 1/4 INCH. FOR SURE, NO THICKER THAN 1/4 INCH! TO ME, THINNER IS BETTER AND THE RINGS GET CRISPIER. THIS IS THE REASON YOU NEED THE MANDOLIN CULINARY CUTTER. THERE IS NO WAY TO SLICE THE ONIONS CONSISTENTLY AND THIN ENOUGH BY HAND. BE CAREFUL, FOLLOW ALL INSTRUCTIONS FOR YOUR MANDOLIN. THIS TOOL IS A SHARP INSTRUMENT AND CAN BE HAZARDOUS IF YOU ARE NOT CAREFUL TO FOLLOW THE PRODUCT INSTRUCTIONS.**
- 3. PLACE THE SLICES ONIONS IN A LARGE MIXING BOWL. COVER ALL THE ONIONS COMPLETELY AND 1 INCH OVER THE TOP OF ALL THE ONIONS WITH THE MILK. COVER WITH PLASTIC WRAP AND REFRIGERATE UP TO 24 HOURS. AT LEAST 5 HOURS. YOU COULD ALSO USE A LARGE PLASTIC BAG TO MARINADE THE ONIONS IN THE MILK.**
- 4. AFTER REFRIGERATION IS COMPLETE, POUR CANOLA OIL 1/3 FULL INTO THE DEEP FRY PAN. START HEATING THE OIL TO 375 DEGREES (F). LET THE ONIONS REST TO GET TO NEAR ROOM TEMPERATURE.**
- 5. POUR THE FLOWER, SALT, PEPPER, AND SUGAR INTO A LARGE PAPER BAG (YES PAPER) AND SHAKE UNTIL COMBINED. (NOT PLASTIC FOR THE FLOWER) THE PAPER WILL ABSORB SOME OF THE MOISTURE AND THE ONIONS WILL FRY MORE EVENLY.**
- 6. ONCE THE OIL HAS REACHED 375 DEGREES (F), TAKE A LARGE HANDFUL OF ONIONS OUT OF THE MILK, AND PLACE THEM IN THE PAPER BAG AND SHAKE TO COAT WELL. ALWAYS SHAKE OFF THE EXCESS FLOWER. SLOWLY ADD THE FIRST BATCH, A SMALL AMOUNT AT A TIME, (THEY WILL BUBBLE AS THE OIL LOSES HEAT). YOU WANT TO FRY THE ONIONS AT 350 DEGREES (F) UNTIL THE ONIONS ARE GOLDEN BROWN TURNING WITH A SLOTTED SPOON TO MAKE SURE ALL THE ONIONS ARE EVENLY FRIED. YOU WILL NEED TO MONITOR THE TEMPERATURE NOT LETTING IT GET BELOW 330 DEGREES (F) SO THE ONIONS DO**

- 7. NOT SOAK UP THE OIL. REMOVE TO A BAKING SHEET COVERED WITH PAPER TOWELS, SALT THEM LIGHTLY, AND ROLL THE FIRST BATCH WITH THE ENDS OF THE PAPER TOWELS TO COAT WELL IN THE SALT AND MOVE THE FIRST BATCH TO A SECOND BAKING SHEET COVERED WITH PAPER TOWELS. IF THE TOWELS ARE TOO SATURATED ON THE FIRST SHEET, CHANGE THE TOWELS AND REPLACE THEM AND READY THE FIRST PAN FOR THE NEXT BATCH OF ONIONS.**
- 8. ONCE THE TEMPERATURE IS BACK UP TO AT LEAST 365 DEGREES (F), TAKE THE NEXT HANDFUL OF ONIONS FROM THE MILK, SHAKE THE EXCESS MILK OFF AND PLACE THE SECOND BATCH INTO THE FLOWER MIXTURE TO THOROUGHLY COAT THE SECOND BATCH, SHAKE OF EXCESS FLOWER AND PLACE THE SECOND BATCH INTO THE FRYER. THE OIL WILL NOT COOL AS MUCH AS THE FIRST BATCH BUT KEEP THE OIL NO LOWER THAN 330 DEGREES (F) AND CONTINUE TO FRY IN BATCHES REPEATING THE STEPS OF THE FIRST BATCH UNTIL ALL THE BATCHES ARE COMPLETE, DRAINED IN THE FIRST BAKING SHEET AND SALTED, THEN MOVE EACH BATCH TO THE SECOND BAKING SHEET. I AM SURE MANY OF THE ONIONS WILL BE GONE ALREADY.**

**YOUR NEXT ATTEMPT WILL BE MORE COMFORTABLE, AND YOU WILL HAVE A BETTER IDEA OF THE EXACT INGREDIENTS YOU WILL NEED PER THE AMOUNT OF PEOPLE YOU ARE SERVING. GIVE THE LEFT-OVER MILK AND ONION JUICE TO YOUR NEIGHBOR'S DOG WHO IS ALWAYS BARKING. THE DOG WILL LOVE IT AND I PROMISE (HE OF SHE) WILL BECOME YOUR NEW BEST FRIEND.**

**PLEASE BE CAREFUL AND ENJOY.**

**BLEU**