

Vidalia Onion Straws Onion Strings

Oscar · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

Wonderful crispy onions made from Vidalia or any good sweet yellow onions These are famous in several restaurants around the Southeast A great southern staple Serve hot for best results Slice onions as thin as possible You should be able to see the knife clearly through the onion as you slice it

Ingredients

- - 2 cups buttermilk - 2 large sweet onions (such as Vidalia)
- very thinly sliced and separated into rings - 2 cups all-purpose flour - 2 tablespoons cornmeal - 1 tablespoon salt - 1 tablespoon ground black pepper - 2 teaspoons cayenne pepper - ½ teaspoon paprika - 1 quart vegetable oil for frying
- or as needed

Instructions

1. Pour buttermilk into a bowl. Place onion slices into buttermilk
2. cover the bowl with plastic wrap
3. and refrigerate for 1 hour. Heat oil in a deep-fryer or large saucepan to 400 degrees F (200 degrees C). Whisk flour
4. cornmeal
5. salt
6. black pepper
7. cayenne pepper
8. and paprika together in a bowl. Working in batches
9. remove onions from buttermilk
10. letting any excess liquid drip off
11. place onions in flour mixture and toss to coat. Shake any excess flour mixture off onions. Cook onion rings in the preheated oil until golden brown
12. 3 to 4 minutes. Transfer rings with a slotted spoon to a paper towel-lined plate to drain. Recipe Tip
Substitute 2 cups of 2% milk with 2 teaspoons of white vinegar mixed in for the buttermilk. Editor's Note:
Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
13. ingredient density
14. and specific type of oil used.