

French Fried Onions

Ingredients:

3 large onions sliced into thin rings
2 cups milk
2-3 cups flour (I used freshly ground white wheat berries)
Oil for frying
Salt or other seasonings as desired



Directions:

Place part of the onion slices in the milk, then let soak for 5 minutes whilst oil is heating in a fryer or skillet. Take some of the onions out of the milk and dredge through 1 cup of the flour. Use a fork if you like to turn the onion slices to coat well. Fry in batches in the oil, stirring to lightly browned. Drain on paper towels, season to taste.

When the flour you are using starts to form clumps, start with new flour. Trying to use it with clumps results in poor coverage on the onions. I don't know why – it just does or at least that is my experience.

I use these for making green bean casserole or whatever recipe you have calling for French fried onions.