

FRENCH FRIED ONION RINGS TO TOP GREEN BEAN CASSEROLE

Ingredients:

2 or 3 big sweet onions
enough milk for soaking onions
1-1/2 to 2 teaspoons celtic sea salt
pepper
1/2 cup tapioca flour
1/2 cup rice flour
coconut oil for frying

Directions:

Measure flours, salt, and pepper and put into a zip lock bag.

Slice the onions and separate into rings.

Heat oil in a large frying pan. Oil should be about an inch deep. When the oil is hot enough, a flick of water will make the oil sizzle.

Soak the onions in milk for a few minutes.

Don't try to do all the onions at one. Just one batch at a time.

Dredge the onions in the gluten free flour. Give them a good coating of flour.

Place the onions in the frying pan with the heated oil.

When the onions start to float to the top turn them over and cook until just golden brown. They cook fast!

When the onion rings have finished cooking, lay them on a paper bag or paper towels to cool/drain some oil.