

FRENCH FRIED ONION RINGS

Yield 100

Portion 2-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
274 cal	40 g	7 g	10 g	1 mg	656 mg	75 mg

Ingredient

ONIONS,FRESH,SLICED
 WATER,COLD
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 MILK,NONFAT,DRY
 WATER,WARM

Weight

20 lbs
 16-3/4 lbs
 8-7/8 lbs
 5-3/4 oz
 1/8 oz
 13-3/4 oz
 7-7/8 lbs

Measure

4 gal 3-3/4 qts
 2 gal
 2 gal
 1/2 cup 1 tbsp
 1/3 tsp
 1 qts 1-3/4 cup
 3 qts 3 cup

Issue

22-1/4 lbs

Method

- 1 Separate onion slices into rings. Cover with cold water. Let stand 10 to 15 minutes. Drain.
- 2 Dredge onion rings in mixture of flour, salt and pepper; shake off excess. Reserve remaining seasoned flour for use in Step 4.
- 3 Reconstitute milk; dip floured onion rings into milk. Drain well.
- 4 Dredge onion rings in seasoned flour until well coated; shake off excess.
- 5 Fry 2 minutes in 350 F. deep fat or until golden brown.
- 6 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.