



Homemade Breaded Onion Rings with Cajun Mayo

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Serves 4

Ingredients:

2 Sweet Onions sliced in thin rings
(preferably *Vidalia*)
3 Egg whites, whisked
½ cup Flour
1 Cup Cajun Fish Fry
Peanut oil for frying

Cajun Mayo

1 cup Mayonnaise
1 tsp Cajun Seasoning
1 TBSP fresh lime juice

Cajun Fish Fry

1 Cup Yellow Corn Meal
1 tsp Cayenne Pepper
1 tsp Garlic Powder
1 tsp Sea Salt
¼ tsp Onion Powder
¼ tsp Smoked Paprika

Directions:

In a food processor combine ingredients for Cajun Fish Fry and set aside.

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Heat the oil to 375° Fahrenheit. Set up breading station putting flour in one dish, egg whites in another and Cajun Fish Fry in another. First dredge onion rings in flour, then egg whites, then Fish Fry. Place into the fryer basket. Slowly lower the basket into oil and fry for 3 minutes or golden brown. Remove promptly to paper towel lined plate. Be careful not to crowd the fryer. It is better to work in smaller batches. Preheat an oven to 200° and place a baking rack on top of a baking sheet. Place the fried onion rings on top of the baking rack to keep them warm and crispy until all of the onions are fried. Serve with Cajun Mayo for dipping.

- Pictured with Shrimp Po' Boy

