

# Coconut-Crusted Onion Rings

Contains gluten, can be substituted.

Please check all labels carefully for your dietary restrictions.

2 large yellow onions, Vidalia if available, cut into ½ inch thick rings  
1 cup unsweetened coconut milk  
2 cups all purpose flour, or if gluten free, 2 cups Bob's Red Mill 1:1 gluten free flour mix  
2 tsp kosher salt  
1 tsp baking powder  
1 tsp black pepper  
½ tsp cayenne pepper, or to taste  
2 cups unsweetened shredded coconut  
Vegetable oil  
Sweet chili sauce, hot sauce, or other dipping sauces, optional

Soak onion rings in ice water for 1 hour, if time allows, to render them sweet and mild. Drain well.

Place coconut milk in a shallow bowl or dish. Combine flour, salt, baking powder, black pepper, and cayenne in another shallow dish. Place shredded coconut in a third shallow dish.

Dip onion, a few rings at a time, in coconut milk, then dredge in flour mixture, again in coconut milk, and finally into shredded coconut. Set aside on a rack set inside a baking sheet. Chill while heating oil, about 15 minutes.

Heat 1 inch of oil in a pot to 365 degrees Fahrenheit over medium high heat. Fry onion rings in batches until light brown, 3-4 minutes per batch. Transfer to a paper-towel lined plate, season with salt.

Serve with dipping sauce, if desired.