



OK I noticed the other day that we've never actually posted our recipe for Gluten free Onion Rings. So?.. I'm not going to! Work it out yourselves!

Joking aside, I added Fenugreek and Chipotle Chilli Flakes to our usual batter to give this version a bit of an 'Indian' twist, which worked remarkably well.

Batter Ingredients:-

50% Cornflour

50% Gram Flour

Soda Water

1 Tsp of Baking Powder

1 Tsp of Garlic Salt

1 Tsp of Fenugreek

½ Tsp of Chipotle Chilli Flakes

Method:-

- (1) Mix the dry ingredients in a large bowl.
- (2) Add enough Soda Water to make a stiff batter.
- (3) Dredge the cut Onion in Cornflour.
- (4) Fry in small batches at 170c.
- (5) Drain on kitchen paper before serving.

We had some discounted Rump Steaks to use on this occasion. So the Onion Rings are on top of Steak with a fried Egg, I know it's not clear from the picture?.. There are no precise measurements for the flours, just use enough Flour and Soda Water so you have enough batter.