



# Soul Onion Rings

Yield: Serves 4

## Ingredients:

### For the onion rings:

2 Medium	Sweet onions (about 8-9 ounces each)
2 Cups	All-purpose flour
1/2 Teaspoon	Salt
4 Large	Eggs
3/4 Cup	Milk
1/2 Teaspoon	Hot sauce
2 Cups	Panko breadcrumbs, plain (unseasoned)
1 Cup	Breadcrumbs, plain (unseasoned)
1 Tablespoon	JBJ Soul Seasoning
	Vegetable oil
	Nonstick cooking spray

### For the dipping sauce:

1 Cup	Sour cream
1-1/2 Teaspoons	Hot sauce
1-1/2 Teaspoons	JBJ Soul Seasoning

## Directions:

### For the onion rings:

1. Peel the onions and cut off the ends. Cut onions across into 1/2-inch rings and separate.
2. In a medium bowl, combine flour and salt. In a separate medium bowl, whisk together eggs, milk, and hot sauce until smooth and cohesive. In a third medium-sized bowl stir together the panko breadcrumbs, breadcrumbs, and JBJ Soul Seasoning.

3. Dip onion rings into the flour to coat well, then into the egg mixture, making sure to shake off any excess, back into the flour and egg, and finally into the panko bowl to fully coat with breadcrumbs. Use your dry hand to pack on the panko so it sticks well. Transfer breaded onion rings onto a large sheet of parchment paper. Repeat with remaining rings.
4. Using a mister, lightly spray both sides of the coated rings with vegetable oil.
5. Coat the air fryer basket with nonstick cooking spray. Working in batches, place onion rings in the air fryer basket in a single layer. Cook at 360°F for approximately 8 minutes or until golden brown and crispy on both sides, flipping onion rings at the 4-minute mark. Remove from fryer basket and cover to keep warm in a 200°F oven while cooking remaining onion rings.

For the dipping sauce:

6. In a small bowl combine all ingredients in a bowl and stir.