



Sue saw a recipe on-line for stretchy Mozzarella Onion Rings and obviously had to have a go at her own version! I mean it's rare that there is a recipe we've not had a pop at?. We'll be trying a #2 version at some stage with a batter as the Sour Dough Bread we used for the Bread Crumbs was perhaps a bit heavy for the job.

Ingredients:-

1 Very large Onion
A block of Mozzarella
Flour (Gluten free here)
Sour Dough Bread (Gluten free ? Yellow Sticker!) crumbed in a food processor
Eggs, beaten for an Egg wash
Onion & Garlic Salt (Optional ? Use whatever you fancy to season the Bread Crumbs)

Method:-

- (1) Peel the Onion and cut two 1cm strips from the thickest central area. The remaining Onion will be fine in the fridge for later use.
- (2) Gently remove the outer ring and then the third ring in. Again keep the remaining Onion, but you actually only need these two rings for each Onion Ring.
- (3) Cut strips of Mozzarella wide enough to fill the gap between the two Onion Rings and insert.
- (4) Dip the Cheese stuffed rings in the Egg wash and then Flour.
- (5) Egg wash again and then dredge in the seasoned Bread Crumbs.
- (6) Deep fry until golden brown and the Cheese is melted.

We served ours over a Gammon steak with a Wholegrain Mustard sauce. Perhaps a bit fuddle, but very tasty!