

Crispy Onion Rings オニオンリング

Serves: 2-3

Air Fryer: 180°C → 200°C

Total time: ~30 minutes

Ingredients

- 1 large onion (玉ねぎ)

Coating:

- 60 g flour (小麦粉)
- 2 eggs
- 100 ml milk (牛乳)
- 80–90 g panko (パン粉)

Seasoning:

- ½ tsp salt + pinch MSG (塩+MSG)
- ½ tsp black pepper
- ½ tsp garlic powder

- Oil spray or 1–2 tsp oil



Instructions

1. Slice **onion** into 1–1.5 cm rings and separate layers.
2. Pat rings dry to remove moisture.
3. Prepare coating bowls:
 - Flour + seasoning
 - Eggs + milk
 - Panko
4. Coat each ring:
 - Flour → Egg → Panko (press firmly)
5. Place on tray and **refrigerate 30–60 minutes (critical step)**.
6. **Preheat** air fryer to **180°C (3–4 minutes)**.
7. Lightly spray rings with oil and arrange in a single layer.
8. Cook **8–10 minutes** at **180°C**.
9. Increase to **200°C** and cook **3–5 minutes** until golden and crisp.
10. Serve immediately.

Notes

- Chill step prevents coating from falling off.
- Do not overcrowd; airflow is essential.
- Press panko firmly for adhesion.
- Light oil improves browning.

Reheating

- 180°C for 3–4 minutes

Nutrition (approx)

Per serving: Kcal: 240 | Carbs: 32 g | Protein: 8 g | Fat: 7 g | Sodium: 520 mg