

Oven-Fried Ginger Sourdough Onion Rings with Pam's Pepper Jam

- 2 medium (or 1 large) sweet onions, sliced ½-inch thick
- In three separate bowls, mix:
- ¼ cup whole wheat pastry flour
- ½ teaspoon salt
- 1 teaspoon black pepper
- 1 cup sourdough starter
- ¼ cup cold water
- 1 egg
- 1 Tbsp. minced ginger
- 1 Tbsp. honey
- 1 cup bread crumbs



Directions:

Line a rimmed baking sheet with foil and drizzle on 4-6 Tablespoons of extra virgin olive oil.

Preheat oven to 450 degrees F.

Prepare the onion rings by first dipping a ring into the seasoned flour, then into the sourdough batter (let the excess batter drip off), and then coat with the bread crumbs. As you finish the rings, place them on a large plate. Repeat with all rings.

Place the oiled baking sheet in the oven for 3-4 minutes (remember how quickly oil can burn). Carefully remove the sheet from the oven and tilt to evenly coat with the hot oil.

Working quickly, place your onion rings on the baking sheet and return to oven. Bake for 8 minutes, then flip onion rings and bake for an additional 6-8 minutes, or until golden brown. Serve and dip with Pam's Pepper Jam.