

## LOCAL CHEF RECOMMENDS - - SPICED BEER BATTERED ONION RINGS

1 cup (250 mL) lager	2 tsp (10 mL) salt
1 cup (250 mL) all-purpose flour	2 tbsps (25 mL) vegetable oil
2 tsp (10 mL) paprika	2 large Spanish onions, peeled
2 tsp (10 mL) ground cumin	Oil for deep frying
1/2 tsp (2 mL) cayenne	

1. Whisk together lager, flour, paprika, cumin, cayenne, salt and vegetable oil in a large bowl.
2. Cut onions into 1/4-inch (5 mm) rounds, separate into rings.
3. Heat oil in wok or deep fryer until thermometer reaches 350°F (180°C). Stir rings into batter and fry a few at a time until golden, about 2 to 3 minutes. Drain on paper towels.

**Makes 4 servings**

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## HOLLAND MARSH ONIONS

### FACTS

Onions are a member of the allium plant family, which includes leeks, shallots and garlic. There are two categories of onions: dry onions for storage and green onions for fresh use. Raw onions add a pungent bite, and cooked ones a mellow sweetness to many dishes. Onions come in many sizes, colours and flavours. Red onions have a mild, sweet flavour, which makes them a favourite for salads and sandwiches. Stronger white and yellow are best for cooking. Green onions are mild, when fresh and both the bulb and greens can be eaten.

**Health Benefits:** Onions are a source of Vitamin C, Vitamin B6, Folate and Manganese.

**Number of acres farmed in the Marsh annually:** 4,000 acres