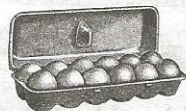




That Good Navy Chow!



FRENCH FRIED ONIONS

Portion: 2 ½ to 3 ounces (approx. 2/3 cup)

Onions, Spanish 28 Pounds

Milk, liquid (approx. ½ gallon)

Flour, 1 Pound, 8 Ounces (approx. 1 ½ quarts)

Salt, 2 Ounces (approx. 1/4 cup)

Pepper (approx. 1 teaspoon)

Peel onions. Cut into 1/4 inch thick slices.

Separate slices into rings.

Dip into milk. Drain well.

Mix flour, salt and pepper. Dredge onion rings in flour.

Fry in hot deep fat at 345 °F. 5 to 6 minutes or until golden brown.

Drain well on absorbent paper.

Note.- Let onion rings stand in ice water 10 to 15 minutes to crisp before dipping into milk and flour.

Source: The Cookbook of the United States Navy, Revised 1944