

Air Fried Blooming Onion

Yield: 2 Servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Tools: air fry basket, sheet pan, 2 large mixing bowls, whisk, spray oil

Ingredients:

1 large [398 g] sweet yellow onion (i.e. Vidalia or Walla Walla Sweet)

1 cup plus 2 [143g] tablespoons all purpose flour, separated

1/4 cup [43g] finely grated parmesan cheese

1 teaspoon garlic powder

1/2 teaspoon chili powder

1/2 teaspoon smoked paprika

1/4 teaspoon cayenne

2 teaspoons [16g] fine sea salt, separated

1 cup [236ml] buttermilk

1/2 cup [118ml] whole milk

2 eggs [100g]

1/2 cup [75g] cornmeal

For the sauce:

1/4 cup [60ml] mayonnaise

1 tablespoon [15ml] prepared horseradish

2 tablespoons [30ml] sour cream

1 1/2 [7ml] teaspoons ketchup

1 teaspoon [5ml] Worcestershire sauce

1/4 teaspoon kosher salt

1/4 teaspoon smoked paprika

Method:

1. Slice about 1/2-inch / 1.25-cm off the stem end of the onion to create one flat end. Peel the onion and trim the root clean, making sure to leave it intact. Place the onion cut side down and use a sharp knife to make four identical slits, one on each side 1-inch / 2.5-cm below the root (on a clock face the slits would be at 12:00, 3:00, 6:00, and 9:00). Slit each segment in half until you have 16 equal segments.
2. Microwave the onion for 30-45 seconds, just to soften it slightly.

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3. Mix 1 cup all purpose flour, cheese, garlic powder, chili powder, smoked paprika, cayenne, and 1 teaspoon fine sea salt together in a large mixing bowl. In another large mixing bowl, whisk together the eggs, buttermilk, milk, cornmeal, 2 tablespoons all purpose flour, and 1 teaspoon fine sea salt.
4. Set the air fry basket over a sheet pan and generously spray the base of the basket with oil; set aside.
5. Place the onion into the dry mixture, root end down, and gently fan out the onion petals. Use a spoon to coat the onion, sprinkling the seasoned flour over the top, making sure to get between the layers. Turn it upside down and shake off any excess.
6. Transfer the dredged onion to the wet mixture, root end down, and use a spoon to coat the onion, making sure to get between the layers. Lift out of the egg mixture and let excess drip off. Transfer back to the dredge and lightly coat the onion again before gently shaking off excess. Set the breaded onion on the prepared air fry basket and gently fan out the petals.
7. Turn the knob of the KitchenAid® Air Fry Oven to air fry, set the temperature to 350•F / 177•C, and set the timer for 30 minutes.
8. When preheat is over, immediately (and liberally) spray the onion (outside and inside the petals) with oil and place the air fry basket in the lowest rack position. Rotate the onion half way through cooking and, if necessary, spray any dry bits of flour with more oil before returning to the oven.
9. While the onion is cooking, make the sauce. Whisk all ingredients together and adjust seasoning if needed. When finished cooking, allow the onion to cool slightly before serving hot alongside the sauce.

Chef's Notes:

- The size of your onion might determine how many segments you cut, or how thin the petals are. For example, a smaller onion might only be cut into twelve segments as opposed to sixteen. Ideally, you want the segments to be about 1/4-1/2-inch / .75-1.25-cmcm wide.
- Allowing the onion to cool slightly before serving helps the coating adhere to the onion. If you try to eat it too quickly, the coating might just slide off.

MAKES 4 SERVINGS

Nutrition - 1 Serving (without sauce)

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290 calories 4.3 g fat	50.4 g carbs 12.8 g protein 9.8 g sugars 2.9 g dietary fiber	11 mg cholesterol 1376 mg sodium
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