

ONION RINGS

- 3 large onions (sliced in rings)
 - ½ tsp. red chillies
 - 5 tbs. maizena
 - 5 tbs. flour
 - pinch of bicarb
- beaten egg

BREAD CRUMBS

- 1 cup bread crumbs
- ½ cup maizena

Mix all above ingredients together. Dip in egg and breadcrumbs and fry and golden brown and crispy.

Delicious with grilled steak or chops.