

## Fried Onion Rings

I've fried eggs in olive oil in the past, and while they taste okay, olive oil really doesn't have a smoke point high enough to fry anything without smoking up the house. This last time, I decided to try using my Ava Jane's Kitchen Avocado Oil, and it was perfect — the flavor is amazing, especially with a little drizzle at the end.

A perfect sunny side up egg can seem hard to achieve — it can be hard to get the white cooked without the yolk overcooking. But after I learned the technique I'm going to share today, it's actually pretty easy.

So let's talk about this recipe for a minute before we get to that. It's simple, only a few ingredients, and quick. Your eggs come out Pinterest pretty in a neat little onion package, but the onion gives your egg tons of flavor. Top it with whatever you like — I used crumbled bacon, green onions, and a seasoning blend I got in my Ava Jane's Kitchen spice subscription, Hot Roasted Garlic. It's like a garlicky version of crushed red pepper flakes, with a touch of Colima Sea Salt. When I was done cooking, I drizzled a tiny bit of oil on my eggs, because you really get the flavor and aroma of the oil this way.

On to the technique. It's super simple, and results in eggs the way they should be served. It may take some practice to get them exactly how you want, but once you do, you'll never cook eggs another way. Oh, and you don't have to cook your eggs in the onion rings to use this technique either. Basically, what you're going to do is heat up some oil and let it get hot. Once hot, crack your eggs into the pan. Let them cook for a minute or so, and then tilt your pan so that the oil pools in the bottom. Grab a spoon and scoop some of the hot oil and drizzle it onto the whites of your eggs — only the whites! This cooks the whites completely, while leaving the yolks perfectly runny. That's it!

## Fried Egg Onion Rings

Serves 1

Prep time: 10 minutes

### Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil

2 slices onion, in tact

2 eggs

Toppings: crumbled bacon, green onions, seasonings, etc.

### Directions:

In a non-stick skillet, heat the oil over medium high heat. Lay the onion rings in the pan and cook for about a minute, until soft. Carefully crack the eggs into the onion rings (or crack them in a small bowl first if that helps.) Let the eggs cook for a minute, and tilt your pan so that you can grab some of the hot oil with a spoon. Carefully drizzle it over the whites of your egg and let them cook until firm. When firm and cooked the way you

like, transfer to a plate with a spatula.

Sprinkle with whatever you like — chopped herbs, bacon, seasonings. But definitely add an extra drizzle of avocado oil — you won't regret it!