

Sticky Fingers Cooking®

Frizzled Fried Shallots

By Dylan Sabuco

Prep Time 5 / Cook Time 5 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

fry: to fry in a pan in a small amount of fat.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

Equipment

- Sauté or frying pan
- Cutting board + kid-safe knife
- Liquid measuring cup
- Wooden spoon

Ingredients

Frizzled Fried Shallots

- 2 medium shallots
- 1/2 tsp salt
- 1/3 C vegetable oil **

Food Allergen Substitutions

Frizzled Fried Shallots

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

Instructions

Frizzled Fried Shallots

recipe note

If you are also making the Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad (see recipe) and want to save a little time, follow the instructions below, but cook the shallots alongside the radishes from the Cabbage Salad.

slice + measure + fry

Start by peeling, then slicing **2 shallots** into thick rounds. Then, measure **1/3 cup vegetable oil** and add to a sauté pan over medium high heat. Add the shallots and cook for 5 minutes, stirring frequently. Once golden brown and soft, add to your Vietnamese "Goi Gà" Shredded Noodle Cabbage Salad (see recipe) or another dish.