

## Alumni Cookbook Recipe Submission

Thanks for helping create the first Alumni Cookbook for East Texas Baptist University! Please fill out this form (neatness counts!) and return it in the envelope provided, or mail it to:

Alumni Association Cookbook  
East Texas Baptist University  
1209 North Grove  
Marshall, Texas 75670

You can also put the information on this form into an email message and send it to [alumni@etbu.edu](mailto:alumni@etbu.edu). Please use a subject line of "Recipe".

Please send in your recipe(s) by February 1, 2005. We will include at least one recipe per alumnus.

Your current name: <span style="font-family: cursive; font-size: 1.2em;">Michael Dundee</span>	Your class year at ETBU*:
Your name while attending ETBU*: <span style="font-family: cursive; font-size: 1.2em;">Michael Dundee</span>	<span style="font-size: 1.5em;">1979</span>

Recipe Title: <span style="font-family: cursive; font-size: 1.2em;">Blooming Onion - with Dip</span>	
Servings: <span style="font-size: 1.2em;">1</span>	Preparation Time: <span style="font-size: 1.2em;">1:15</span>

Write your recipe here†:

### *Blooming Onion--with Dip*

1 Sweet onion, Texas, Vidalia  
Walla Walla or Maui  
Water

1 Egg, beaten  
2 tablespoons Flour  
1 cup Cracker crumbs  
or coating mix  
Oil, for deep frying  
--- DIP ---

1/2 cup Mayonnaise  
1/2 cup Sour Cream  
1/2 cup Thousand Island Dressing  
2 tablespoons Horseradish, grated

Select a well-rounded onion. Peel outer skin off. Leave root intact; cut off any hanging roots. Using small, sharp knife, divide onion into four sections by making 2 cuts crosswise, beginning at the top and cutting toward root, stopping about 1/2 inch away. Cut each section twice. Place onion in bowl of enough boiling water to cover it and leave for 5 minutes. The sections, or "petals" will begin to open. Remove onion from hot water and immerse into ice water, to help the opening. Drain well by turning

upside down on paper towel. Put flour into paper bag; add 1 and shake gently to coat with flour. Roll floured onion in the egg to cover. Put cracker crumbs or coating mix in paper bag and shake gently to coat. Refrigerate for 1 hour before frying in oil to golden brown, 3 to 5 minutes. Cooked onion kept for a time in warm oven. The "Outback Steakhouse" se with a delicious hot-hot sauce to dunk in. They also add the spices to the flour and/or coating mix.

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Per Serving (excluding unknown items): 1171 Calories; 12.2g Fat (89.2% calories from fat); 12.2g Protein; 21g Carbohydrate; 1 Dietary Fiber; 277mg Cholesterol; 777mg Sodium. Exchange: Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Nutr. Assoc. 0000000000000000  
Yield: 1 serving  
Prep Time: 1:15

\* Or ETBC or COM

† You may continue onto the back or separate pages if necessary. If you print it on your own form, please include all the