

HUSH PUPPIES

For those of you not too familiar with southern cuisine, a Hush Puppy is essentially a ball of deep fried cornbread, and like anything deep fried, they are delicious! These go especially well with fried shrimp or fried oysters. In fact, my friend Brian Schroeder and I adapted this recipe for precisely that purpose and they were great!

INGREDIENTS:

1 Cup Cornmeal
½ Cup White Flour
1 Tablespoon Sugar
1 ½ teaspoon Baking Powder
½ teaspoon Baking Soda

1 Egg
½ Cup Milk
¾ teaspoon Salt
½ Cup Jalapeño Pepper, chopped
½ Cup Bell Pepper, chopped (I prefer red just for the color)
½ Cup Onion, diced

Oil for frying

DIRECTIONS:

Combine the first 5 ingredients in a large bowl and whisk together to mix well, then make a well in the center. In a separate bowl, combine the remaining ingredients, then add the liquid mixture into the center of the flour mixture and stir until just moistened.

Pour 3 inches of oil into a large sauce pan or Dutch oven (or deep fryer), and heat to 350 degrees.

Drop batter by rounded Tablespoons into the oil and fry for 2 to 3 minutes on each side, or until golden brown.

Drain on paper towels and serve immediately.