

Buttermilk Hush Puppies

Oscar · 28/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

8

Description

Hush puppies are a great Southern tradition along with buttermilk coleslaw and Southern fried catfish. Why not use all that buttermilk together in all your recipes? Try them all!

Ingredients

- 1 quart vegetable oil for frying
- or as needed - 1 cup buttermilk - ¼ cup vegetable oil - 2 eggs
- room temperature - 1 cup cornmeal - 1 cup all-purpose flour - ¼ cup white sugar (Optional) - ½ teaspoon baking soda - ½ teaspoon salt - ½ cup minced onion - 4 green onions
- minced

Instructions

1. Heat 1 quart vegetable oil in a deep-fryer or large saucepan to 365 degrees F (185 degrees C). Preheat oven to 200 degrees F (95 degrees C). Whisk buttermilk
2. 1/4 cup vegetable oil
3. and eggs in a bowl. Combine cornmeal
4. flour
5. sugar
6. baking soda
7. and salt in a separate bowl. Fold buttermilk mixture
8. onion
9. and green onions into cornmeal mixture until just mixed. Drop 6 to 8 tablespoon-sized balls of batter into the hot oil; fry until each hush puppy is golden brown
10. turning the hush puppies to cook evenly
11. 6 to 10 minutes. Remove hush puppies with a slotted spoon and place on brown paper bags to drain. Repeat with any remaining batter. Transfer hush puppies to a baking sheet and keep warm in the preheated oven until ready to serve. Cook's Note Sugar makes a great hush puppy but it will make them brown faster. Be careful of your oil temperature and don't make the hush puppies too large so they will cook through. If you would like to add corn
12. just fold in 1/4 cup canned or frozen corn. For a spicy option add 1 minced jalapeno pepper or 1 teaspoon Cajun seasoning. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
13. ingredient density
14. and the specific type of oil used.