



gluten free
on a
Shoestring
with NICOLE HUNN

Cheddar Hush Puppies



cheddar hush puppies

LEGEND HAS IT THAT HUSH PUPPIES ARE SO NAMED because these delicious little fried corn cakes were tossed to yapping dogs to keep them quiet during the American Civil War. Me, I'll give dog food to the dogs and keep these golden brown on the outside, soft and tender on the inside nuggets for myself and my guests. My favorite way to serve these corn cakes is on a bed of greens dressed with a simple vinaigrette and a dollop of sour cream. Once fully prepared, they are best eaten right away.

In a large bowl, place the flour, cornmeal, baking powder, baking soda, and salt, and whisk to combine well. Add the grated cheese, scallions, and celery, and mix to coat them in the dry ingredients. Create a well in the center and add the buttermilk and eggs. Mix until just combined, without overmixing. The batter should be thick but soft.

Place paper towels on a plate, and set it aside. Bring 2 inches of oil to 325°F in a large, heavy-bottomed pot or deep fryer. Using a spring-loaded ice cream scoop or two large spoons, drop about 2 tablespoons' worth of batter in the hot oil. Repeat with as much batter as can fit comfortably, taking care not to crowd the oil. Allow to cook for about 3 minutes or until golden brown on one side before gently turning over and cooking until golden brown all over and cooked through, about another 2 minutes. Remove from the oil with a strainer and place on the paper-towel-lined plate to drain. Bring the oil back to temperature between batches. Repeat with the remaining batter. Serve immediately.

MAKES 12 LARGE HUSH PUPPIES

- 1 cup (140 g) all-purpose gluten-free flour (page 2)
- 1 cup (132 g) coarsely ground yellow cornmeal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon kosher salt
- 3 ounces sharp yellow Cheddar cheese, grated
- ¼ cup chopped scallions (about 2 large scallions)
- 2 tablespoons minced celery (from 1 small stalk)
- 1 cup (8 fluid ounces) buttermilk, at room temperature
- 2 eggs (100 g, weighed out of shell), at room temperature, beaten
- Neutral oil, for deep-frying



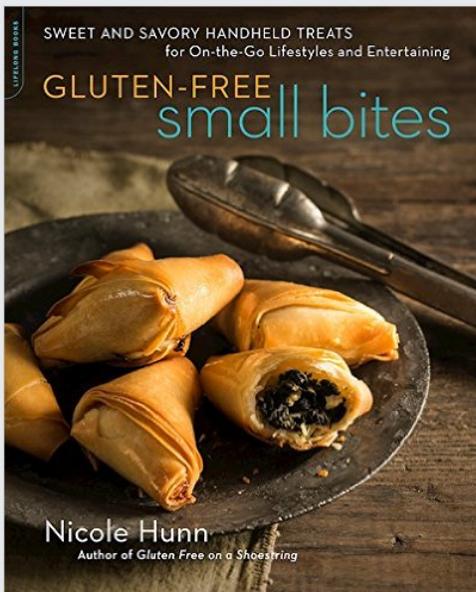
BIGGER BITE OPTION: Drop the cornmeal in the frying oil in larger portions, about ¼-cup each, and fry for 4 to 5 minutes more.

NO-FRY OPTION: The only way to achieve a round shape for your hush puppies is to fry them, but that alone isn't reason enough not to bake them if that's what you'd prefer. Prepare and portion the batter in the same manner as directed in the recipe, but preheat your oven to 350°F and place the batter portions spaced about 1½ inches apart from one another on a lined rimmed baking sheet. Bake the hush puppies for about 15 minutes, or until lightly golden brown all over. Serve immediately.



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