Crispy Corn Southern Hush Puppy Fritters + Corn Butter + Jalapeño Jam + Lemonade Slushies

By Dylan Sabuco

Prep Time 30 / **Cook Time** 20 / **Serves** 6 - 12

Shopping List

☐ Fresh:

☐ 1 small yellow onion

☐ 2 green onions, diced

☐ 1 corn cob

☐ 1 jalapeño (if concerned about safety, sub mild poblano pepper)

☐ 3 lemons

☐ Pantry:

☐ 1 C all-purpose flour **(for GLUTEN ALLERGY sub gluten-free flour)**

☐ 1 1/4 C yellow cornmeal

☐ 1 1/2 tsp baking powder

☐ 3/4 C white sugar

☐ 1 tsp cornstarch

☐ 1 3/4 tsp salt

☐ 1 tsp garlic powder

☐ 1 tsp paprika

☐ 3/4 C vegetable oil

☐ Dairy and Eggs:

☐ 1 large egg **(for EGG ALLERGY sub 1 T flaxseeds + 3 T water)**

☐ 1 C buttermilk **(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk + 1 T lemon juice)**

☐ 1/4 C unsalted butter, softened **(for DAIRY ALLERGY sub Earth Balance soy butter)**

Fun-Da-Mentals Kitchen Skills

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

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

mix: to thoroughly combine two or more ingredients until uniform in texture.

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

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

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

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

Equipment

☐ Large bowl

☐ Small bowls

☐ Measuring spoons

☐ Dry measuring cups

☐ Liquid measuring cup

☐ Whisk

☐ Small saucepan

☐ Slotted spoon

☐ Cutting board + kid-safe knife

☐ Blender (or pitcher + immersion blender)

☐ Grater

☐ Pitcher

Ingredients

Crispy Corn Southern Hush Puppy Fritters + Corn Butter

☐ 1/4 C unsalted butter, softened **(for DAIRY ALLERGY sub Earth Balance soy butter)**

☐ 1 yellow corn cob (uncooked), grated (divided between hush puppies and butter)

☐ 1 1/2 tsp salt, divided

☐ 1 C all-purpose flour **(for GLUTEN ALLERGY sub gluten-free flour)**

☐ 1 1/4 C yellow cornmeal

☐ 1 1/2 tsp baking powder

☐ 1 large egg **(for EGG ALLERGY sub 1 T flaxseeds + 3 T water, whisked—more info below)**

☐ 1 C buttermilk **(for DAIRY ALLERGY sub dairy-free/nut-free milk + 1 T lemon juice)**

☐ 1/2 C yellow onion, diced

☐ 2 green onions, diced

☐ 1 tsp garlic powder

☐ 1 tsp paprika

☐ 3/4 C vegetable oil

Sweet Jalapeño Jam

☐ 1/2 jalapeño, chopped roughly (if concerned about safety, sub mild poblano pepper)

☐ 1/4 C granulated sugar

☐ 1/4 tsp salt

☐ 1/2 C water

☐ 1 tsp cornstarch

Jalapeño Lemonade Slushies

☐ 3 lemons, juiced

☐ 1/2 C white sugar

☐ 1/2 jalapeño, chopped roughly (if concerned about safety, sub mild poblano pepper)

☐ 4 C cold water

☐ 3 to 4 C ice (optional)

Food Allergen Substitutions

Crispy Corn Southern Hush Puppy Fritters + Corn Butter

Gluten/Wheat: Substitute 1 C gluten-free flour for flour in Fritters.
Egg: For 1 egg in Fritters, substitute 1 T flaxseeds + 3 T water, whisked. Soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.
Dairy: Substitute dairy-free/nut-free milk + 1 T lemon juice for the buttermilk in the Fritters.

Sweet Jalapeño Jam

Jalapeño Lemonade Slushies

Instructions

Crispy Corn Southern Hush Puppy Fritters + Corn Butter

butter: grate + whisk

Grate **1 cob of corn**. Get as much corn as possible into a medium-sized mixing bowl. Use **1/4 cup of the grated corn** for the Crazy Corn butter and reserve the rest for the Crispy Corn Southern Hush Puppy Fritters. Whisk the **1/4 cup grated corn** with **1/4 cup butter** until the mixture is well combined and fluffy. The corn will make the butter a bit sweet, so make sure to season with **1/2 teaspoon salt**, then take a taste and add more salt if needed. Chill the butter for the best texture.

fritters: measure + mix + whisk

Measure **1 cup flour**, **1 1/4 cup cornmeal**, **1 1/2 teaspoon baking powder**, **1 teaspoon salt**, **1 teaspoon garlic powder**, and **1 teaspoon paprika** and combine them in a large mixing bowl. Whisk the dry ingredients until well combined.

crack + chop + measure

Crack **1 egg** into the mixing bowl of dry ingredients. Chop **1/2 cup onion** as finely as possible and add to the mixing bowl.

measure + whisk

Measure **1 cup of buttermilk** and pour into the mixing bowl. Whisk until well combined into a smooth and thick batter. (Tip: mix **1 tablespoon lemon juice** into **1 cup whole milk** as a substitute for buttermilk.)

fry + garnish

Heat **3/4 cup vegetable oil** in a small saucepan over medium-high heat until the oil bubbles when a small drop of batter is dropped in the center. Once the oil is hot enough to bubble, drop **1/4 cup scoops of batter** into the hot oil. Leave the batter uncovered to cook for 5 minutes on each side or until golden brown on all sides. Make sure to manage the temperature of the burner to ensure no oil boils out of the pan. Place the crispy hush puppies on a plate and garnish with a dusting of paprika, Corn Butter, and Sweet Jalapeño Jam (see recipe). Serve!

Sweet Jalapeño Jam

chop + measure + boil

Carefully, cut **1/2 jalapeño** in rough pieces. (Remove the seeds and white from the inside of the jalapeño to remove some spiciness.)
Combine the chopped jalapeño, **1/4 cup sugar**, **1/4 teaspoon salt**, **1/2 cup water**, and **1 teaspoon cornstarch** in a small saucepan and simmer for 5 minutes.

blend + cool

Remove all the contents of the saucepan and place them in your blender (or pitcher + immersion blender). Blend until smooth and bright green. Place the blender or pitcher in the refrigerator to cool until ready to serve. This jam is a perfect sweet and spicy spread for Crispy Corn Southern Hush Puppy Fritters (see recipe)!

Jalapeño Lemonade Slushies

chop + measure + blend

Carefully, cut **1/2 jalapeño** in rough pieces. (Remove the seeds and white from the inside of the jalapeño to remove some spiciness.) Combine the chopped jalapeño, 1/2 cup sugar**,** 1/2 cup water**, and the juice of** 3 lemons** in your blender (or pitcher + immersion blender) and blend until the jalapeño is completely blended. Then, pour in **3 1/2 cups of water** and blend once more.

Featured Ingredient: Cornmeal!

Hi! I'm Cornmeal!

"I'm made from ground corn—either yellow, white, or blue! I can be coarse, fine, or somewhere in-between. Did you know that I'm in some of your favorite foods, like tacos, tamales, tortilla chips, corn puffs, and cornbread?!"

Cornmeal is a coarse flour or meal made from grinding corn. Native Americans first ground corn in the Americas a few thousand years ago.

The most common variety of cornmeal in the US is steel-ground yellow cornmeal, which is ground between steel rollers, and the germ and hull (or husk) are removed during the process. The cornmeal may be enriched to return nutrients to it. Because the germ has been removed, which contains the fat, steel-ground cornmeal will not spoil as quickly as other types if kept cool and dry in an airtight container.

Other types of cornmeal include white cornmeal (from more delicately flavored white corn), blue cornmeal (from blue corn), and stone-ground cornmeal (ground between two stones, a coarser grain, and retains some of the germ and the husk).

The size of the grind will determine how much liquid the cornmeal will absorb. The finer the grind, the more absorbent it is.

Cornmeal can be used to make cornbread, batters for fried foods (like corn dogs), corn fritters, and hushpuppies. Cheetos are even made from cornmeal that has had the germ removed and been enriched with nutrients.

Grits is a porridge made from boiled white cornmeal that originated in the Southern United States. In Northern Italy, boiled yellow cornmeal called polenta is popular.

If corn is ground very fine, it is called corn flour. Masa harina or masa is finely ground corn that has been soaked and cooked in an alkaline solution, such as limewater. Masa is used to make corn tortillas, arepas, and tamales.

Whole-grain cornmeal, such as the stone-ground type, is a good source of fiber and protein.

Cornmeal does not contain gluten, but due to its coarseness, you can only use it in a limited way to replace wheat flour in some recipes.