

★ **RECIPE + SHOPPING LIST** ★

# Hurricane Bay Hush Puppies.

<b>YIELDS</b> 24 pieces	<b>PREP</b> 10 min	<b>COOK</b> 12 min	<b>OIL TEMP</b> 365°F	<b>DIFFICULTY</b> Beginner
----------------------------	-----------------------	-----------------------	--------------------------	-------------------------------

Hush puppies are the easiest thing on a fish-fry plate to mess up. Too hot and the cornmeal scorches before the inside cooks. The HB-4 holds 365°F steady through a full basket. Drop, count to three minutes, eat.

## INGREDIENTS

- 1 1/2 cups yellow cornmeal
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp kosher salt
- 1 tsp granulated sugar
- 1 large egg, beaten
- 3/4 cup buttermilk
- 1 small yellow onion, finely grated
- 4 gallons peanut oil

## WALMART SHOPPING LIST PINNED

- Pearl Milling Yellow Cornmeal, 16 oz  
*Baking aisle*
- Gold Medal AP Flour, 5 lb  
*Baking aisle*
- Clabber Girl Baking Powder, 8.1 oz  
*Baking aisle*
- Arm & Hammer Baking Soda, 16 oz  
*Baking aisle*
- Morton Kosher Salt, 16 oz  
*Spice rack*
- Great Value Sugar, 4 lb  
*Baking aisle*
- Great Value Large Eggs, 1 dozen  
*Dairy*
- Great Value Buttermilk, 32 oz  
*Dairy*
- Yellow Onion, 1 small  
*Produce*
- Member's Mark Peanut Oil, 35 lb  
*Sam's Club · fills the HB-4*

## METHOD

### 1. WHISK THE DRY INGREDIENTS.

In a large bowl, combine the cornmeal, flour, baking powder, baking soda, salt, and sugar. Use a whisk to break up any cornmeal clumps so the batter is even.

### 2. COMBINE THE WET.

In a smaller bowl, beat the egg and stir it into the buttermilk along with the grated onion and its juices. Don't drain the onion, the liquid is part of the flavor.

### 3. MIX GENTLY.

Pour the wet into the dry and stir just until you don't see streaks of dry cornmeal. The batter should be thick enough to hold a soft mound on a spoon. Let it rest 5 minutes while the oil heats.

### 4. BRING THE HB-4 TO 365°F.

Fill the Hurricane Bay HB-4 with 4 gallons of peanut oil and bring it to 365°F, about 12 to 14 minutes from cold. Hush puppies need a slightly cooler oil than fries so the inside cooks before the outside burns.

### 5. DROP BY THE SPOONFUL.

Use two metal spoons to scoop and drop rough tablespoon-sized balls of batter directly into the hot oil. Drop 8 to 10 at a time. The HB-4 has the volume to handle a basket without crashing temperature.

### 6. FRY UNTIL DEEP GOLD.

Fry for 2 1/2 to 3 minutes, turning with a slotted spoon if any settle without rolling. They will float to the top and turn deep golden brown when done.

### 7. DRAIN AND SALT.

Lift onto a paper-towel-lined sheet pan and salt them right away while they are hot. They lose their crisp fast under foil so serve them within 10 minutes.

### 8. RUN THE NEXT BATCH.

Wait 60 to 90 seconds for the oil to recover to 365°F before the next drop. The 90,000 BTU burner climbs back fast.

## Hurricane Bay HB-4 Notes

#### ★ OIL VOLUME

4 gallons. Hush puppies are forgiving on oil depth but the deeper the bath the more even the fry.

#### ★ RECOVERY

60 to 90 seconds between batches.

#### ★ COATING THICKNESS

Self-coating. The cornmeal in the batter is the whole exterior.

#### ★ TARGET TEMP

365°F. Higher and the cornmeal scorches before the inside sets, lower and they soak up grease.

#### ★ BASKET CAPACITY

8 to 10 hush puppies per drop, no more. They puff up.

#### ★ OIL REUSE

Hush puppy oil shares fine with catfish or shrimp because cornmeal-fried foods don't pass off-flavors.

**RECIPE INSPIRED BY:** *Allrecipes Test Kitchen's "Hush Puppies III" on Allrecipes. Adapted for the Hurricane Bay HB-4's 4-gallon outdoor capacity.*