

HUSH PUPPIES

Yield 100

Portion 3 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	28 g	5 g	7 g	30 mg	359 mg	129 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 CORN MEAL  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 ONIONS,FRESH,CHOPPED  
 PEPPER,BLACK,GROUND  
 SHORTENING,VEGETABLE,MELTED

**Weight**

3-7/8 lbs  
 3-2/3 lbs  
 6 oz  
 5-7/8 oz  
 1-1/2 oz  
 1-1/2 lbs  
 5-3/4 lbs  
 2-1/8 lbs  
 1/3 oz  
 1-1/3 lbs

**Measure**

3 qts 2 cup  
 3 qts  
 2-1/2 cup  
 3/4 cup  
 2-1/3 tbsp  
 2-7/8 cup  
 2 qts 3 cup  
 1 qts 2 cup  
 1 tbsp  
 3 cup

**Issue**

2-1/3 lbs

**Method**

- 1 Blend flour, cornmeal, milk, baking powder, and salt in mixer bowl.
- 2 Combine eggs, water, onions, and pepper; add to ingredients in mixer bowl. Blend at low speed for minute. Scrape down bowl.
- 3 Add shortening; mix at medium speed until blended.
- 4 Drop batter by rounded tablespoon into deep fat at around 360 F.; fry about 3 minutes. Drain on absorbent paper.