

Beer-Cheese Hush Puppies

Erin Simpson Lozier

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Yield: 20 to 24 hush puppies

*1 cup yellow cornmeal
1/2 cup all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon sugar
1/2 teaspoon salt
2 ounces (1/2 cup) pepper jack cheese
or cheddar cheese, shredded
1/3 cup onion, finely chopped
1/3 cup red sweet pepper, finely
chopped
1 egg, lightly beaten
2/3 cup light beer (such as
Budweiser, Corona Extra or Rolling
Rock Extra Pale)
vegetable oil for deep-fat frying
snipped fresh flat-leaf Italian parsley
(optional)
green or red jalapeno jelly*

Preparation Time: 25 minutes

In a medium bowl mix the cornmeal, flour, baking powder, sugar and salt. Add the cheese, onion and red sweet pepper. Toss to combine. Make a well in the center of the flour mixture.

In another bowl, mix the egg and beer. Add all at once to the flour mixture. Stir just until moistened.

In a three-quart saucepan, heat two inches of oil to 375 degrees. For each hush puppy, drop one rounded tablespoon of batter into the hot oil. Fry three or four at a time for 3 minutes or until golden brown, turning once. Drain on paper towels. Sprinkle with parsley, if desired.

Meanwhile, in a small saucepan, heat the pepper jelly just until melted.

Serve the hush puppies warm with the pepper jelly.

Per Serving (excluding unknown items): 845 Calories; 8g Fat (8.6% calories from fat); 25g Protein; 165g Carbohydrate; 13g Dietary Fiber; 212mg Cholesterol; 1874mg Sodium. Exchanges: 10 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.