



## Cornmeal-Green Onion Hushpuppie

### *Ingredients*

Vegetable oil, for frying	1/8 teaspoon cayenne
1 ½ cups Maine Grains Cornmeal	3 eggs, lightly beaten
1 cup Maine Grains Sifted Flour	½ cup minced green onions
1 teaspoon baking powder	1 cup milk
½ teaspoon baking soda	¼ cup vegetable oil
1 ¾ teaspoons salt	Essence, for seasoning

### *Method*

1. Pour oil to a depth of 3 to 4 inches and preheat to 370 degrees F.
2. In a mixing bowl, combine the cornmeal, flour, baking powder, baking soda, salt, and cayenne. Whisk together the eggs, green onions, milk, and 1/4 cup of the vegetable oil. Add the egg mixture to the flour mixture, stirring just until combined.
3. Carefully spoon 6 or 7 rounded tablespoonfuls of the batter into the preheated oil. Fry the hushpuppies, in batches, until golden brown, stirring constantly for overall browning, 2 to 3 minutes per batch.
4. Remove the hushpuppies and drain on a paper towel-lined plate. Season with additional salt and Essence, if desired. Serve immediately..

*Adapted from Emeril Lagasse's recipe.*