

Corn Dogs

Ruby Williams - Bogalusa, LA
Taste of Home - June/July 2020

Servings: 10

3/4 cup yellow cornmeal
3/4 cup self-rising flour
1 large egg, lightly beaten
2/3 cup 2% milk
10 popsicle sticks
10 hot dogs
oil (for deep-fat frying)

In a large bowl, combine the cornmeal, flour and egg. Stir in the milk to make a thick batter. Let stand for 4 minutes. Insert the sticks into the hot dogs. Dip the hot dogs into the batter.

In an electric skillet or deep-fat fryer, heat the oil to 375 degrees. Fry the dogs, a few at a time, until golden brown, 6 to 8 minutes, turning occasionally. Drain on paper towels.

TIPS

To make the batter stick, make sure that the hot dogs are thoroughly dry before dipping. The batter won't adhere to any part that's wet.

As a substitute for self-rising flour, mix one teaspoon of baking powder and 1/4 teaspoon of salt in a measuring cup. Add all-purpose flour to measure 3/4 cup.

Per Serving (excluding unknown items): 269 Calories; 18g Fat (59.9% calories from fat); 9g Protein; 17g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 773mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.