

GF Friendly

Tex Mex Pups

spicy savoury party snacks

I was given this recipe by a Texan friend and he called them Hush Puppies. I know this is a registered brand name and I thought I might get in serious trouble if I used it; so I changed the name to be safe. Whatever you choose to call them won't alter the great taste.

- 1 cup coarse maize meal (Polenta)
- 1 cup plain flour
- 1 rounded Tbsp baking powder
- 1 tsp BBQ spice (or chilli powder)
- ½ tsp salt
- ½ cup milk
- 1 egg
- 1 finely chopped onion
- 1 cup grated cheddar cheese
- 2 Tbsp olive oil



In a suitable bowl, mix all of the dry ingredients together thoroughly, along with the onion and cheese. Make a well in the centre; pour in the oil, add the egg and milk; then stir to make a cake-type dough. This shouldn't be too dry, so if need be, mix in a little extra milk.

On an oven tray lined with baking paper, place rounded dessert-spoons of the mixture, keeping them separated. Bake on 162°C fan-forced (180°C conventional) for about 15 minutes, or until golden brown.

These savoury snacks can also be fried by spooning mounds into a frying pan coated with a little oil and cooking on low for about a minute each batch. Add more oil if necessary. Spoonfuls can also be deep-fried in hot oil. With both of these methods, once cooked consign to the oven on a tray and heat for about 15 minutes on 130°C fan-forced (140°C conventional).

Makes about 20

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