



Corn Dogs

15'

Hands on

5'

Cook Time

12-14

Portion(s)

1

Difficulty



Method

A corn dog (also spelled corndog) is a sausage (usually a frankfurter) coated in a thick layer of cornmeal batter on a stick.

- Cut the sausages in half. Insert with wooden skewers and set aside until needed.
- In a bowl, combine all of the dry ingredients - the flour, cornmeal, baking powder, sugar, salt, baking soda and pepper.
- Add the milk and eggs. Mix to create a porridge-like consistency that is not too runny or too thick.
- Dip the sausages into the batter, one at a time and turn to coat completely.
- Pour the oil into a wide enough pan to fit the corn dogs and skewers and let it get very hot.
- Dip the corn dogs into the oil one at a time, holding on to the skewer until the batter starts to cook and the corndog starts to float in the oil.
- Then you can let it go and repeat the same process with the next one.
- Fry for 2-3 minutes, moving them in the oil continuously, until they are golden brown all over.
- Serve with ketchup and mustard.
- If you have any leftover batter, you can cut up some vegetables (such as eggplants, zucchini, bell peppers) or even chicken and coat them in the batter. Fry in the same way as the corndogs.

Tip

Do not crowd your pan because the corn dogs cook within 2-3 minutes and you need to watch them closely so they don't burn!

Ingredients

- 6-8 frankfurters
- 220 g all-purpose flour
- 210 g cornmeal
- 1/4 teaspoon baking soda
- 35 ml granulated sugar
- 2 teaspoons salt
- 1 teaspoon baking powder
- 1/2 teaspoon pepper
- 360 g milk
- 2 eggs
- 1 liter sunflower oil, for frying

To serve

- Ketchup
- Mustard

Διατροφικός πίνακας

Nutrition information per portion

247 Calories (kcal)	12.0 Total Fat (g)	3.7 Saturated Fat (g)	28.0 Total Carbs (g)
12%	17%	19%	11%
4.0 Sugars (g)	7.2 Protein (g)	0.9 Fibre (g)	1.4 Sodium (g)
4%	14%	4%	23%