



## Grilled Salsify, Corn and Bacon Hush Puppy with Salsify Honey Butter Dipping Sauce

READY IN



90 min.

SERVINGS



4

CALORIES



762 kcal

SIDE DISH

### Ingredients

- 1 tablespoon double-acting baking powder
- 4 tablespoons butter
- 1 cup buttermilk
- 1 tablespoon cayenne
- 4 salsify stalks
- 2 strips bacon cooked chopped
- 1.5 cups cornmeal
- 1 ear corn

- 1 eggs lightly beaten
- 0.5 cup flour all-purpose
- 0.5 cup honey
- 4 servings kosher salt and pepper black freshly ground
- 4 servings olive oil
- 4 servings vegetable oil; peanut oil preferred for frying
- 3 tablespoons sriracha
- 2 stalks salsify peeled sliced in half
- 2 stalks salsify peeled sliced in half

## Equipment

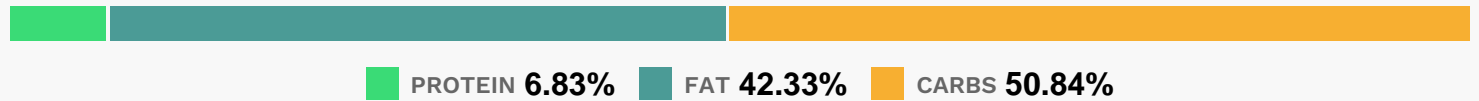
- bowl
- frying pan
- sauce pan
- grill
- dutch oven

## Directions

- Preheat the grill to high.
- In a large bowl, toss the salsify and corn with a little olive oil and some salt and pepper.
- Add the salsify and corn to the grill, grilling on all sides until the salsify is fork tender and the corn looks charred.
- Remove from the grill.
- Slice the corn kernels off the cob into a bowl. Chop the salsify into small cubes.
- Add to the bowl. Season with salt and pepper.
- In another bowl, mix the buttermilk with the egg.
- Add to the salsify and corn, mixing to incorporate.
- Add the cornmeal, flour, baking powder, 1 teaspoon salt and bacon.
- Mix together to form a thick batter.

- Heat enough peanut oil to fry in a Dutch oven or cast-iron skillet to 350 degrees F. Drop golf ball size balls of batter in the oil, cooking until golden brown, 5 to 7 minutes.
- Remove from the fryer, sprinkle with salt and drizzle with Salsify Honey Butter Dipping Sauce.
- Fill a medium saucepan with water and bring to a boil. Break the salsify stalks in half to release the milk inside, and boil for 10 minutes. Simmer for another 5 minutes. Take 1 cup of salsify stock and pour into another saucepan. Then add the honey, butter, sriracha, and cayenne. Season with salt and pepper. Bring back to a boil and simmer for another 10 minutes to allow the flavors to blend.

## Nutrition Facts



### Properties

Glycemic Index:116.19, Glycemic Load:54.59, Inflammation Score:-8, Nutrition Score:18.779999857363%

### Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 762kcal (38.1%), Fat: 36.81g (56.64%), Saturated Fat: 12.33g (77.09%), Carbohydrates: 99.49g (33.16%), Net Carbohydrates: 92.46g (33.62%), Sugar: 40.45g (44.95%), Cholesterol: 81.58mg (27.19%), Sodium: 823.17mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.75%), Phosphorus: 335.99mg (33.6%), Manganese: 0.61mg (30.63%), Fiber: 7.03g (28.1%), Calcium: 268.97mg (26.9%), Vitamin B1: 0.4mg (26.71%), Vitamin B6: 0.5mg (25.05%), Selenium: 17.25µg (24.64%), Vitamin E: 3.6mg (23.98%), Magnesium: 89.06mg (22.26%), Vitamin A: 1106.24IU (22.12%), Vitamin B2: 0.35mg (20.62%), Iron: 3.63mg (20.14%), Zinc: 2.71mg (18.05%), Folate: 71.12µg (17.78%), Vitamin B3: 3.48mg (17.4%), Potassium: 462.68mg (13.22%), Vitamin C: 10.11mg (12.26%), Vitamin K: 12.45µg (11.85%), Copper: 0.23mg (11.59%), Vitamin B5: 1.09mg (10.92%), Vitamin B12: 0.44µg (7.35%), Vitamin D: 1.02µg (6.77%)