

I created this recipe for a talk and demo I did in Fort Dodge, Iowa for the Celiac Sprue Association Conference. If anyone knows corn dogs, it is all my friends from Fort Dodge.....Enjoy!!!

Corn Dogs

Canola oil-as needed
½ cup cornmeal
½ cup white rice flour
1 teaspoon kosher salt
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon dry ground mustard
¼ teaspoon cayenne pepper
½ cup cream-style canned corn
½ cup buttermilk
1 egg-beaten
2 tablespoons onion-finely minced
2 tablespoons cornstarch
6 hot dogs
6 long skewers

Pour oil into fry daddy or large pot to a depth of 4 inches and heat to 360 degrees.

In medium bowl, whisk together cornmeal, white rice flour, kosher salt, baking powder, baking soda, dry mustard, and cayenne pepper.

In separate bowl, whisk together corn, buttermilk, egg, and onion.

Blend dry ingredients into wet ingredients and mix until batter is just blended. Allow batter to rest for 10-15 minutes before using.

Place cornstarch in shallow pan.

Pour batter into tall water glass ¾ full.

Take a skewer and slide into end of hot dog, making a handle.

Roll hot dog in cornstarch until coated, and then shake off excess.

Dip hot dog in and out of batter in glass, and then slowly place in hot oil.

Cook until golden brown, 3-4 minutes.

Remove with tongs and allow to drain on rack or paper towel before eating.

Serve drizzled with desired condiment.

Makes 6 corn dogs

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