

Golden Crispy Corn Sticks: Southern Comfort Side Dish Perfected

Golden and Crispy Fried Corn Sticks



OVEN
450°F

TIME
5 min

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INGREDIENTS

2 tablespoons shortening or vegetable oil (for greasing the pan)
1 cup cornmeal (yellow or white)
1/2 cup all-purpose flour
2 tablespoons sugar
3/4 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon baking soda
1 cup buttermilk
1 large egg, beaten
3 tablespoons vegetable oil or melted shortening (for the batter)

DIRECTIONS

- 1. Preheat : Oven & Pans:** Preheat your oven to a toasty 450°F (232°C). While the oven heats, grease two 6-cavity corn stick pans generously with about 1 tablespoon of shortening or vegetable oil each. Place the greased pans into the preheating oven for a quick 5-minute preheat. This step is crucial for achieving that characteristic crisp, golden crust.
- 2. Combine : Dry Ingredients:** While those pans are warming up, grab a large mixing bowl. Whisk together the cornmeal, all-purpose flour, sugar, salt, baking powder, and baking soda. Make sure everything is well combined and free of lumps.
- 3. Prepare : Wet Ingredients:** In a separate medium bowl or liquid measuring cup, combine the buttermilk, your beaten large egg, and the 3 tablespoons of vegetable oil or melted shortening. Whisk these wet ingredients together until thoroughly blended.
- 4. Combine : All Ingredients:** Pour the wet ingredient mixture into the bowl with the dry ingredients. Give it a gentle stir with a spoon or spatula until everything is just combined. It's important not to over-mix, as this can lead to tough corn sticks. A few small lumps are perfectly fine.
- 5. Fill : Hot Pans & Bake:** Carefully take the hot corn stick pans out of the oven (use oven mitts!). Working quickly and carefully, fill each hot cavity with the prepared batter.
- 6. Bake:** Pop the filled pans back into the preheated oven. Bake until they're beautifully golden on top - this will typically take 14 to 16 minutes for larger corn sticks or about 12 to 14 minutes for smaller ones. Keep an eye on them for optimal browning.

7. Remove & : Re-bake (if needed): As soon as they're done, carefully pop the corn sticks out of the pans. If you have leftover batter, simply grease one of the hot pans again and bake another round - no batter left behind! Serve warm and enjoy immediately.

SWAPS & NOTES

Cornmeal: Both yellow and white cornmeal work beautifully.

Yellow tends to give a slightly richer color and a more pronounced corn flavor, while white is traditional in some Southern regions for a milder taste.

Use a fine to medium grind for the best texture.

Sugar: The sugar in this recipe provides a very subtle sweetness that balances the savory corn flavor and helps with browning.

TIPS FOR SUCCESS

Don't Skip Preheating Pans: This is the most important step for crispy corn sticks.

The hot fat and pan instantly crisp the batter.

Generous Greasing: Ensure the pan cavities are well greased so the corn sticks don't stick and develop that beautiful crust.

Don't Overmix: Overmixing the batter develops the gluten in the flour, resulting in tough corn sticks.

