

Helergon Kitchen

Iowa Party Bites

A warm, butter-fried bite that captures the comfort of Iowa gatherings in a single, crunchy morsel.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1/2 cup cold butter, cubed
- [ ] 1/2 cup sharp cheddar cheese, grated
- [ ] 3/4 cup buttermilk
- [ ] 1 tsp paprika
- [ ] 1/2 tsp garlic powder
- [ ] Zest of 1 lemon
- [ ] Oil for frying

Finishing

- [ ] 2 tsp honey
- [ ] Pinch of sea salt

Instructions

1. In a bowl, whisk flour, paprika, garlic powder, and lemon zest together; set aside.
2. Cut cold butter into the flour mixture with fingertips until it resembles coarse crumbs.
3. Stir in grated cheddar, then gradually add buttermilk, mixing just until a soft dough forms.
4. Roll the dough into small balls, about one inch in diameter, and chill for 5 minutes.
5. Heat oil in a deep skillet to 350°F (175°C). Fry the balls in batches, turning once, until golden brown, about 2-3 minutes.
6. Remove with a slotted spoon, drain on a wire rack, then drizzle honey and sprinkle a pinch of sea salt.
7. Serve warm, perhaps alongside a sweet mini cheesecakes platter for a balanced spread.

Nutrition per serving

280 kcal	6 g	23 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, add a little more flour; if too dry, a splash of buttermilk helps.
- For extra flavor, toss the fried bites with a pinch of smoked paprika after frying.
- These bites pair well with a tangy high protein dip.