

Hushpuppy

They are a hearty, heavy food that can be eaten while active or mobile.

Yes, deep-fried balls of cornmeal: a noted “on-the-go” food. The sad thing is, the image of a runner crossing the finish line of the Boston Marathon, arms extended victoriously with a hushpuppy in each hand, used to be one of the most inspiring images in sports. But after Hollywood and Madison Avenue shoved it down our throats for the better part of two decades, it’s slowly become just another hackneyed cliché.