



Cornmeal Mush

Ingredients

3-4 cups water

1 cup fine or coarse corn/hominy-meal, whole or cracked corn/hominy kernels, or corn-in-the-milk

Pinch of salt

Optional regional-inspired add ons to enhance specific flavors:

1 teaspoon juniper ash, oak ash (cooked in, for traditional taste/nutrients) (adds 0g carbohydrates)

Toppings such as berries (adds 15g carbohydrates per $\frac{3}{4}$ -1 cup) and nuts or seeds

Sweeteners such as maple or birch syrup, honey, or agave (1 Tbsp 15g carbohydrates)

Cooked or smoked meats or seafood like fish or crawfish

To taste seasonings/spices/sauces: chiles, all spice, sumac, etc.

SERVING SIZE: $\frac{1}{2}$ cup (100g)

Calories: 54 kcal | **Carbohydrates:** 12g

Dietary Fiber: 1.1g | **Protein:** 0.5g | **Total Fat:** 0.5g

Saturated Fat: 0g | **Trans Fat:** 0g | **Sodium:** 143mg

Instructions

1. Prepare the corn. Dry corn is pounded in a wooden mortar to remove hulls, or coarse cornmeal is used.
2. Cook. Bring the water to a boil. Add a pinch of salt and vinegar if desired. Add corn(meal) and ash, if used, then reduce heat to a low boil. Cook until cornmeal has absorbed the water or the corn is very tender.
3. Ferment (optional): The mixture is allowed to sit and ferment to reach a desired sour taste. Some may add vinegar to mimic this fermented taste.
4. Serve hot or cold.