

Cornmeal Porridge



INGREDIENTS

1. 1 cup milk
2. 9 ounces cornmeal
3. 1 cup water

Method:

1. Heat water in saucepan. While water is being heated, mix half of the cornmeal with milk until it forms a smooth paste. You will need to mix vigorously.
2. Carefully add the mixture to the boiling water, and stir. Gradually add the remaining cornmeal and allow to cook for another 3 to 4 minutes, stirring constantly. Mixture will get heavier and form a mash.
3. Remove it from saucepan and put into large bowl. You may shape it into a large ball by hand before serving. Make sure hands are slightly wet so that the mixture does not stick to them.