

# Cornmeal Mush aka '*Little Girls' Supper*'

## Recipe by Liz the Chef

When my mother and her sister were small girls and their father had an evening meeting, they would beg my grandmother for “little girls’ supper”. The dish they clamored for was actually fried cornmeal mush, and their mother served it to them in bowls with butter and maple syrup.

When I was growing up, my mother served this as a side dish to salty ham or meat entrées. I like this nowadays for brunch with apple wood-smoked bacon and sliced melon. My favorite maple syrup is Grade A Dark Amber.

## Serves 4-6

- one cup yellow cornmeal
- 1-1/2 teaspoons kosher salt
- 1 quart water, divided use
- 4 tablespoons unsalted butter, divided use
- 2 tablespoons canola oil, divided use

1. Mix the cornmeal with one cup of cold water and set aside.
2. In a medium-sized saucepan, heat three cups of water; add the salt once it is boiling. Add the cornmeal mixture to the boiling water and cook over medium heat until thickened. This will take about ten minutes and requires constant stirring with a whisk.
3. Line a loaf pan bottom with buttered parchment paper. Pour mush into pan and refrigerate until chilled.
4. Cut the mush into half inch slices. Cook in skillet in two batches. Heat two tablespoons of butter and one tablespoon of oil; fry until golden brown on both sides; repeat.