

Cornmeal Mush (Fried Breakfast Classic) - The Forgotten Recipe That Still Tastes Amazing

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TIME
15 min

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INGREDIENTS

- 1 cup yellow cornmeal
- 4 cups water
- 1 teaspoon salt
- 2-3 tablespoons butter or vegetable oil
- Maple syrup
- Honey
- Powdered sugar
- Butter
- Fried eggs

DIRECTIONS

- Step 1: Cook the Mush:** In a saucepan, bring water and salt to a boil. Slowly whisk in cornmeal, stirring constantly to prevent lumps.
- Reduce heat to low and cook, stirring often, for 10-15 minutes until thick and smooth.**
- Step 2: Chill:** Pour the mixture into a greased loaf pan. Smooth the top and let cool completely. Refrigerate at least 4 hours or overnight until firm.
- Step 3: Slice:** Turn the chilled mush out onto a cutting board and slice into $\frac{1}{2}$ -inch thick pieces.
- Step 4: Fry:** Heat butter or oil in a skillet over medium heat. Fry slices 3-4 minutes per side until golden brown and crispy.
- Serve immediately.**

SWAPS & NOTES

Richer flavor: Replace 1 cup of water with milk.

Savory version: Add black pepper or shredded cheese to the mixture before chilling.

Extra crisp: Lightly dust slices with flour before frying.

Cornmeal mush was especially popular during the Great Depression because it stretched ingredients and kept families full - much like other forgotten breakfast staples.

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