

Most People Forgot About Cornmeal Mush-But It's Time to Bring It Back

And honestly? It deserves another chance.



TIME
10 to 15 min

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INGREDIENTS

1 cup cornmeal
3 cups water
1 cup milk
1 teaspoon salt
1 tablespoon butter
Optional for serving: maple syrup, honey, butter, cinnamon sugar, or fried eggs

DIRECTIONS

1. **Step 1: Cook the Mush:** In a medium saucepan, bring the water, milk, and salt to a gentle simmer.
2. Slowly whisk in the cornmeal, stirring constantly to prevent lumps. Reduce the heat to low and continue cooking, stirring often, until the mixture thickens substantially. This usually takes about 10 to 15 minutes.
3. Stir in the butter.
4. **Step 2: Chill Until Firm:** Pour the cooked cornmeal mixture into a lightly greased loaf pan or shallow dish. Smooth the top with a spoon or spatula.
5. Let it cool, then refrigerate for several hours or overnight until completely firm.
6. **Step 3: Slice and Fry:** Once chilled, turn the mush out onto a cutting board and slice it into pieces.
7. Heat a little butter or oil in a skillet over medium heat. Fry the slices for 3 to 4 minutes per side, or until golden brown and crisp on the outside.
8. **Step 4: Serve:** Serve hot with your favorite toppings. Sweet versions are great with syrup or honey, while savory versions pair beautifully with eggs and breakfast meats.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/most-people-forgot-about-cornmeal-mush-but-its-time-to-bring-it-back/>