



Samantha Stiell  
SAVING AFRICAN FLAVORS

## CORNMEAL PORRIDGE

*A warm, spiced Caribbean breakfast classic*

SERVINGS: 3-4

PREPPING TIME: 5 MIN

COOKING TIME: 15-20 MIN

### INGREDIENTS

- 3 cups water (plus 2 cups additional water)
- 3/4 cup cornmeal
- 2 bay leaves
- 1 cinnamon stick
- 1 star anise
- 1 cardamom pod (crushed)
- 2 allspice berries
- 2 cups milk
- Sweetened condensed milk, to taste
- Pinch of salt
- 1 tbsp vanilla extract
- 3 tsp grated nutmeg

### DIRECTIONS

1. In a medium pot, add 3 cups of water, cinnamon, bay leaves, star anise, and allspice. Bring to a simmer.
2. Slowly pour in the cornmeal while whisking continuously to prevent lumps.
3. Reduce heat and cook the cornmeal until it begins to thicken.
4. Add 2 cups water and milk. Whisk well, then bring to a gentle boil.
5. Cook over low heat for 5-8 minutes, stirring occasionally, until thick and creamy.
6. Sweeten with condensed milk to your liking.
7. Remove from heat. Stir in vanilla extract, salt, and grated nutmeg.

### NOTES

*Enjoy hot with toppings of your choice.*

*Growing up, I loved mine with a handful of raisins, and even now I sprinkle powdered milk over the top. My kids enjoy theirs with frozen berries, fresh fruit, oatmeal crackers, or even Corn Flakes—and they can't get enough!*