

Fried Cornmeal Mush with Milk and Honey

Serves 4

1 1/2 cups stone ground yellow corn meal
1 tablespoon kosher salt
3/4 cup whole milk
Vegetable oil, for greasing the loaf pan
2 tablespoons grapeseed oil
Honey, for serving

1. Place the cornmeal, salt, milk and 2 1/4 cups water in a heavy-bottomed medium saucepan over medium heat. Bring to a simmer, whisking constantly, about 5 minutes. Continue to whisk as the mush simmers and thickens, about 2 minutes more. (The finished mush should resemble a creamy polenta or porridge.)
2. Line a loaf pan with parchment paper and lightly grease the paper with vegetable oil. Pour in the mush and let cool at room temperature for 5 minutes. Transfer to the refrigerator and cool until set, about one hour.
3. Slice mush into one-inch-thick pieces and let the slices dry on a paper towel-lined plate.
4. Heat the grapeseed oil in a nonstick skillet over medium heat. Add the mush slices to the skillet and gently fry until golden brown, 2 to 3 minutes per side. Drizzle the slices with honey and serve.

Recipe courtesy of Sur La Table Chef Jordan Carfagno

For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>



Smithsonian
National Museum of American History
Kenneth E. Behring Center