

# Corn Meal Mush

written by The Recipe Exchange | November 16, 2014

## **Ingredients**

6 cups water  
2 cups yellow cornmeal  
2 cups cold water  
1/3 cup real butter  
2 tsp. salt  
1 tsp. ground cinnamon  
all-purpose flour – for coating  
1 Tbls. vegetable oil

## **Directions**

Bring 6 cups water to a boil.  
Combine cornmeal, 2 cups cold water, butter, salt, and cinnamon.  
Add to boiling water.  
Cook over medium heat, stirring constantly, until thick.  
Reduce heat and simmer, covered, stirring occasionally, for 10 minutes.  
Pour into greased loaf pan.  
Refrigerate overnight.  
Cut into 1/4 – 1/2 inch thick slices.  
Coat with flour.  
In a frying pan over medium heat, brown both sides in oil.  
  
Serve with butter and maple syrup as you would pancakes.