

# Hominy, a convict breakfast

A dish strongly associated with slaves in Africa, Jamaica and America, and Australian convicts, hominy is still eaten in many parts of the world, sometimes enriched and sweetened with condensed milk. Coarse polenta is easy to obtain and is perfect for hominy.

## INGREDIENTS

- 4 cups maize meal or coarse polenta
- 1 teaspoon salt
- 1 liters skim milk (optional)
- 1 liter water
- 8 heaped teaspoons brown sugar
- 8 heaped tablespoons currants (optional)
- 1 tablespoon butter (to serve, on top of each dish served)

## Method:

Put the Polenta and salt into a large saucepan with 1 liter water. Cook over low heat for about 10 minutes until the meal has thickened and starts to come away from the sides of the pan, stirring frequently to prevent the mixture sticking. (Be careful: the mixture will bubble and pop as steam tries to come through the meal as it thickens.)

Gradually add the skim milk continually stirring. Once the milk has been absorbed, add the sugar and currants, if using, and stir until the sugar has dissolved and the currants have softened. Taste for seasoning. Divide into 5 serving bowls. Place 1 tablespoon of butter on top of each serve.