



## ANSON MILLS

### Old-Fashioned Cornmeal Mush

#### Yield

4 servings

#### Time

About 10 minutes

#### Cooking Remarks

Frothy foamed milk adds a nice dimension to the mush. We like the small battery-operated frothers, such as the Aerolatte. But frothed milk isn't essential. In fact, sometimes a good splash of cold on hot cereal is the perfect juxtaposition.

#### Equipment Mise en Place

For this recipe, you will need a heavy-bottomed medium saucepan and a whisk.

#### Ingredients

5 ounces (1 cup) Anson Mills Antebellum Coarse Yellow Cornmeal or Antebellum Coarse White Cornmeal  
2 cups spring or filtered water  
1 teaspoon fine sea salt  
1 ounce (2 tablespoons) unsalted butter  
1 cup whole milk or half-and-half, heated and frothed if desired  
Real maple syrup, brown sugar, or sorghum, for serving  
Dried blueberries or raisins, for garnish

#### Directions

Place the cornmeal and water in a heavy-bottomed medium saucepan over medium heat and bring to a simmer, whisking constantly, about 5 minutes. Continue to whisk as the mush simmers and thickens, about 2 minutes more. The mush should have the consistency of a hot porridge—thick enough to drop heavily from a spoon, but still fluid, and by no means sludgy. Whisk in the salt. Remove the pan from the heat and whisk in the butter. Serve immediately with the milk or half-and-half (plain or frothy) and maple syrup, brown sugar, or sorghum. Don't forget the dried blueberries.