

Jamaican Cornmeal Porridge (Pap)

These days cornmeal porridge and other types of porridge are to be found on supermarket shelves in all kinds of fancy packages. You just pop into the microwave, or you just add a little boiling water, and there you go… cornmeal porridge.

But many Jamaican athletes and other successful Jamaicans, swear by the good ol’ cornmeal pap. You are living in a cold country and when the bitter winter chills you bones, or when you look outside and see the snow or think of the temperature, you would give your right arm for a steaming bowl of ol’ fashioned Jamaican cornmeal pap (porridge). We'll find an ethnic store in your city as most ethnic stores will carry cornmeal. Make sure to look at the packaging, especially if you are in a different language environment, so that you do not end up with corn flour or corn starch.

What Yuh A Go Need Six ounces of cornmeal A pinch of salt A dash of nutmeg A dash of cinnamon / or a few cinnamon leaves Four ounces of coconut milk (fresh or reconstituted from powder) A large saucepan

A Go Do Mix the dried cornmeal with water, getting it to a thick (not stiff) consistency. Add a pinch or two of salt, according to taste. In a medium sized pot boil some water. When water is boiling fully, pour in the cornmeal mixture stirring constantly, unless of course, you like lumpy porridge. Adding the cornmeal mixture would have lowered the water temperature so once the mixture it starts to bubble again, let it boil for about five minutes. (If you are using extremely coarse cornmeal, give it an additional five minutes). Add the nutmeg, vanilla, cinnamon and coconut milk and let simmer for another three minutes. Sweeten to taste and serve hot.