

# Sweet Breakfast Hominy

## Ingredients

- 170g (1 cup) coarse polenta
- 250ml (1 cup) milk (optional)
- 1 heaped tablespoon brown sugar
- 1 heaped tablespoon currants (optional)
- 1 tablespoon butter (optional)

## Note

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. The butter adds richness and a silky quality.

Serves 4

## Directions

Put the polenta in a large saucepan with 1/4 teaspoon of salt and 500 ml (2 cups) of water. Cook over low heat, stirring for about 10 minutes, or until the polenta has thickened and starts to come away from the sides of the pan as you stir. Be careful – the mixture will bubble and pop as steam tries to come through the meal as it thickens.

Add the milk, if using, or 250 ml (1 cup) of water and stir for a few seconds to loosen up the mixture. Add the sugar and currants, if using, and stir for a few minutes until the sugar dissolves and the currants have softened. Taste, and add more salt or sugar to your liking. If using the butter, stir it through until it has melted. Serve hot.