

# Sweet or Savory Cornmeal Porridge

I love porridges for breakfast, they are a warm and comforting way to start the day feeling nourished. This version is made with cornmeal, an ingredient that sometimes overlooked and mostly used to make cornbread — then left to become stale in the cupboard. Well, no more! What I like the most about this recipe is that is actually it has a very mild flavor for a perfect match with all kinds of savory or sweet toppings, definitely a winner for a very versatile and no fuss brunch, specially if gluten-free is your jam.

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Serving: 4 portions | Difficulty: easy | Prep time: 10 mins | Cooking time: 20 mins | Gluten-Free  
By [Mercedes Golip](#)



## Ingredients:

- 2 cups water
- 2 cups skim milk (or vegetable milks for a vegan version)
- ½ teaspoon salt, adjust to taste
- 1 cup yellow cornmeal
- ½ fresh nutmeg to taste

## Topping ideas:

- Savory: fried or soft boiled egg, sauteed mushrooms, hazelnuts, cheese and cilantro
- Sweet: [Cranberry sauce](#), fresh apples, maple syrup, hazelnuts

## Instructions:

- Add 2 cups water and 2 cups coconut milk to a heavy large saucepan. Add salt and nutmeg.
- Gradually add in the cornmeal, keep stirring with a wooden spoon to prevent any lumps.
- Reduce the heat to low and cook until the mixture thickens, about 15 minutes, keep stirring during this time.

- If too thick you can adjust the consistency adding more water or milk.
- Top with youServe while still hot.

## Tips and tricks with cornmeal:

- If you purchased a package of cornmeal and now wonder what else to do with this ingredient: -
- It's a great substitute for breadcrumbs in crusts for vegetables and meat, specially fish
  - Use it instead of wheat flour to dust your baking pans, it actually creates a nice a crusty bottom for your pies and cakes
  - Coat the bottom of your pizza crust
  - [Pancakes](#), here is a recipe I shared previously, also with farm-fresh ingredients
  - As a gluten-free thickener for creamy soups and stews
  - Muffins and cookies
  - Keep it fresh in the fridge