

MAURICE TODAY

Recipe: Couche Couche

Ingredients:

- ¼ cup cooking oil
- 2 cups Yellow Cornmeal
- ¾ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 - ⅓ cups water

Directions:

Heat oil in a black iron skillet. Mix dry ingredients with a whisk in a medium bowl. Add water and stir to mix well. Pour batter into hot oil and allow the crust to brown and form along the sides of the pot. Stir the couche-couche, then cover it and let it cook for 15 to 20 minutes on medium to low heat, stirring it occasionally. Serve it hot and eat it your favorite way. The cooked mixture should be light and fluffy.

Note: This dish can be eaten in many ways. It can be served with gravy with an entrée or put in a bowl and served like cereal with milk. Some favorite additions with milk include fig preserves, sugar, Steen's cane syrup, or some sugar. A flavorful side to go along with milk serving, including eggs, sausage, boudin, and fresh cracklins.

Credit: This recipe courtesy <https://louisianawomanblog.com/>