

CORN MEAL (MAISE MOULINE)

1 cup corn meal

4 cups water

1 minced garlic clove

1/2 finely chopped onion

1 tsp. thyme

1 tsp parsley

1 tbs. oil

salt, black pepper, and hot pepper to taste

Saute garlic and onion in oil.

Add water and bring to a boil in a medium pot.

Combine remaining ingredients.

Whisk mixture repeatedly to avoid clumps.