



## “Mayi Moulin” Corn Meal

### Ingredients:

1 1/2 cups of Corn Meal (course grain)  
2 - 3 Garlic Cloves, minced  
2 tbsps. Epis  
1/2 Onion, diced  
1 - 2 tbsps. Vegetable Oil  
1 - 2 tbsps. Butter  
1 tsp. Salt and to taste  
5 - 7 cups Water

### Directions:

1. In a large pot, add 1/2 of a diced onion, 2 - 3 minced garlic cloves, 2 tbsps. of epis, and 1 - 2 tbsps. of vegetable oil. Saute on medium heat until onions become translucent, about 3 - 5 minutes.
  2. After sautéing, add about 5 - 7 cups of water and bring to a boil. You can start out with 5 cups and add more as needed, depending on how thick or thin you prefer the consistency of the mayi moulin. To the water, add about 1 tsp of salt. Then add more salt to taste in the next step once the corn meal has been added.
  3. Once the water comes to a boil, sprinkle in the corn meal a handful at a time. As you add it in, be sure to stir it with a spoon to avoid the formation of lumps. Turn the heat to low, cover the pot with its lid, and cook for about 15 - 20 minutes. Add more salt to taste if desired. You can add more water if necessary but continue to stir occasionally.
- \*You can decide if you want to rinse/wash the cornmeal before adding it to the pot.
4. About halfway through the cooking process, add in about 1 - 2 tbsps. of butter and mix well until it melts and fully incorporates. Return the lid and continue to steam until done.
  5. After about 15 - 20 minutes, or once it reaches your desired tenderness and consistency, the mayi moulin is ready to be served alone or with any accompaniments.