



WHITE STAR

'OLD SCHOOL' CINNAMON PORRIDGE

Serves: 4

Preparation time: 15 minutes

Cooking time: 30 minutes

CATEGORY: Breakfast



Ingredients

- 1000ml water
- 5ml salt
- 500ml White Star Quick Maize Meal
- 100ml brown sugar/honey
- 15ml ground cinnamon
- 125ml milk
- 20g butter

Chilli Pineapple:

- ½ pineapple
- 15g butter, melted
- 15ml honey
- 5ml ground cinnamon
- 5ml chilli flakes

Method

1. Bring the water with salt to the boil. In a steady stream, slowly pour in the White Star Super Maize Meal, whisking continuously until cooked, about 2 minutes.
2. Add the sugar and cinnamon, and whisk for a further minute.
3. Remove the pot from the heat and stir through the milk and butter. Check the seasoning. Allow it to sit with the lid on for 3 minutes.

Chilli Pineapple:

1. Preheat the oven to 190C.
2. Prep your pineapple by discarding the skin. Slice it into 1cm thick round. Then slice triangles out, approximately 2x2x2cm, discarding the centre core.
3. Place the pineapple pieces on a lined baking tray.
4. Mix the butter, honey, cinnamon and chilli flakes together. Toss it through the pineapple pieces.
5. Place the tray in the oven and roast for 20-25 minutes, turning the pieces over half way.

To serve:

1. Serve the porridge hot. Top with a few pieces of pineapple and a pinch of cinnamon and brown sugar.