

Download Original Jamaican Hominy Porridge Recipe

Porridge (also historically spelled porage, porrige, parritch) is a food commonly eaten as a breakfast cereal dish, made by boiling ground, crushed or chopped starchy plants—typically grain—in water or milk. Recipes available for personal use and not for re-sale or posting online. This is a list of notable dishes found in African cuisine. African cuisine is a generalized term collectively referring to the cuisines of Africa. Soup Food historians tell us the history of soup is probably as old as the history of cooking. The act of combining various ingredients in a large pot to create a nutritious, filling, easily digested, simple to make/serve food was inevitable.