CORN MEAL COU-COU

National Nutrition Centre
Ministry of Health & Wellness
Barbados



+1(246)536-3852 www.nutritioncentre.health.gov.bb nutrition.centre@barbados.gov.bb

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INGREDIENTS

- 2 cups cornmeal
- 4 cups cool water, (more as needed)
- ½ teaspoon salt
- 1½ cups okra, diced
- 1 tablespoon parsley flakes, for garnish

Nutrition Information

Serving Size: 1/3 cup (3.1 oz)

Calories: 76; Total Fat: 0.4 g; Saturated Fat 0g; Cholesterol 0mg; Sodium: 76mg; Carbohydrate: 16g; Fiber: 1g; Sugar: 0g; Protein: 2g.

The average adult may have 1-2 servings per meal or 1/3 to 2/3 cups of cornmeal cou-cou.
NB: Individual needs may be higher or lower.

METHOD

1. Place cornmeal into a bowl and add 2 cups of water. Stir until all the cornmeal is moistened and free of lumps. Cover and set aside.
2. Pour the remaining 2 cups of water into a pot. Add salt, and bring to a boil.
3. Add the okras to the boiling water and cook until tender. Remove from heat when cooked.
4. Pour cooked okras and liquid into a heat resistant bowl, reserving about 1 cup in the pot.
5. Add dampened cornmeal into the pot with the okra liquid and set on a low heat.
6. Stir cornmeal with a cou cou stick, or whisk with a handheld mixer until smooth.
7. Cover and cook for 5 minutes.
8. Gradually add the remaining okra liquid, stirring until fully incorporated and smooth. Cover and cook for 5 minutes.
9. Repeat until all of the okra liquid has been used and the cornmeal is cooked. When cooked the cornmeal grains will be soft and tender. Cooked cou cou will pull away gently from the pot.
10. Spoon into a serving dish, garnish with parsley flakes or as desired.
11. Serve hot. May be served with pickled cucumber and fish in tomato sauce.