Mrs. Child’s Gruel

Original from *The American Frugal Housewife*.

Modern Version by Ava Martin.

“Gruel is very easily made. Have a pint of water boiling in a skillet; stir up three or four large spoonfuls of nicely sifted oat-meal, rye, or Indian, in cold water. Pour it into the skillet while the water boils. Let it boil eight or ten minutes. Throw in a large handful of raisins to boil, if the patient is well enough to bear them. When put in a bowl, add a little salt, white sugar, and nutmeg,” (Childs, 1833).

Ingredients:

* 4 heaping spoonfuls of stoneground cornmeal
* 2 1/2 cups of water
* Small handful of raisins
* Pinch of salt
* Pinch of nutmeg
* Sugar (optional)

Instructions:

Heat a pan (cast iron if you have it) with 2 cups of water in it. While you wait for it to boil, mix the cornmeal with ½ cup of cold water. When the water boils, pour/scrape the cornmeal-water mixture into it. Stir it together, and let it boil for 8-10 minutes, stirring frequently. Add the raisins part way through. Scoop the gruel into a bowl, and sprinkle with salt, nutmeg, and sugar, if desired. Enjoy!

Makes 1 serving of gruel.