Made from boiled maize kernels exposed to an alkaline solution, hominy has been regarded as one of a number of maize dishes within the culinary repertoire of the Native cook. This paper proposes that hominy was not a singular dish but rather the life-sustaining staple foodway for Native groups in the Eastern Woodlands and that it served as the basis for a number of resulting foods. The importance of this foodway, practiced well into the twentieth century by many groups, is not just in its chemical alteration of maize but also in the elements of sociality that envelop it, which perpetuate the culinary, nixtamalizing practices involved long after they were no longer biologically essential. It may have played a crucial role in Moundville’s origins.