



Blue Corn Mush

FROM THE KIYAA'AANII KITCHEN OF LILLIE Y. PETE

ingredients

5 cups boiling water
1 tablespoon juniper ash*
2 cups cold water
2 cups blue cornmeal

preparation

1. Boil 5 cups water in a 4-quart pot.
2. Mix juniper ash with 1/2 cup boiling water from the 4-quart pot.
3. Strain ashes back into the 4-quart pot of boiling water and stir.
4. Mix 2 cups cold water and 2 cups cornmeal in separate bowl.
5. Add cornmeal mixture to 4-quart pot.
6. Turn down heat a bit, boil 30 minutes, stirring constantly.
7. Take off heat, stir and serve.

*For yellow and white cornmeal mush, DO NOT add juniper ash. Add sugar if desired. Cooking procedure same as above.