Blue Corn Mush

Blue Corn Mush is a delicacy that is made on many occasions by the Navajo Tribe in the Four Corners Region of Arizona, New Mexico, Utah, and Colorado. There are many ways to make blue corn mush, including boiling and baking. Navajo blue corn mush is made with ash from the juniper tree.

Ingredients

1/2 pound bag of dry grounded blue corn
2 teaspoons of juniper ash
4 cups of hot boiling water

Preparation time 15 minutes
6–7 servings

Place water into a saucepan and heat until it boils. Place the ground blue corn into a bowl and add the hot water. Mix well until there is no dry corn in the bowl. Keep adding water until the ground corn becomes moist. Add the ash and stir again. Can be served hot or cold.

Lanell Pahe