Hello, Yáá teye hey. Today we’re going to be making blue corn mush. In Navajo, that is pronounced as táñiilih.

Over here we have ground blue corn, and we’re going to take one cup of the táñiilih. We’re going to place it into a bowl. What we’re going to do is we are going to take the sage brush, bé azó. We’re going to stir it until the grains in here are all fine.

Ila'i, which means that you separate them in the center, that way you have enough to put the water in. As soon as we fill that, we’re going to go and get some hot, boiling water, töó.

You place the water in the center of the bowl, you add a little water at a time. You use your bé azó. You mix it. You want to make sure you get all the dry powder. Tódó lâ bi najizí pour some more water in. You keep mixing this, until it is mushy. Táñiilih ízagó indá, which means until it gets mushier, or until it looks like a meal.

And, as you can see we use one cup of blue corn, and we use one cup of water, and it looks like its good enough, and what you’re going to get here is some juniper ash. You’re going to take one teaspoon, lash chii, that’s how you pronounce this. You sprinkle it around, and you add it to the meal. This will make it a little bit more dry, so you might want to mix everything up first, before you add any more water, táñiilih íl tsó gó indá töó láá bí na jízí. Now we’re going to put in just a little bit.

And that’s how you make blue corn meal, or blue corn mush and táñiilih

And this is the product.  

*Featuring Lanell Pahe*