

Blue Corn Mush (Corn Pudding) with Culinary Ash

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For the Corn Mush

1 cup finely ground blue or white corn meal (untoasted or toasted)

1 ½ cups cold water

1-teaspoon culinary ash

2 cups boiling water

½ teaspoon kosher salt

4 Tablespoons Agave syrup (Optional)

In a small saucepan over medium to high heat, heat the water until it boils.

In a separate bowl mix together the cold water and corn meal stirring constantly with a whisk until there are no lumps. Add the culinary ash and stir again until it is completely mixed.

Slowly add the ground corn meal mixture into the saucepan of boiling water mixing the corn meal with the boiling water, stirring constantly to prevent any lumps from forming.

Reduce heat to low and continue to cook 3 to 5 minutes, stirring constantly, until the mixture has a nice thick consistency.

Continue to cook for approximately another 3 minutes, on low, stirring constantly, until the mixture turns smooth and is thick like pudding. Add the salt and agave syrup and mix well.

Note: Many things can be added to the corn mush. For sweetness and crunch you can add sliced apple, toasted Piñon nuts or New Mexico Pecans, or any kind of syrup including prickly pear syrup, chokecherry syrup, and maple syrup. To make this dish more savory you can add New Mexico red Chile or green Chile sauce.