

# Joe's Blue Cornmeal Mush

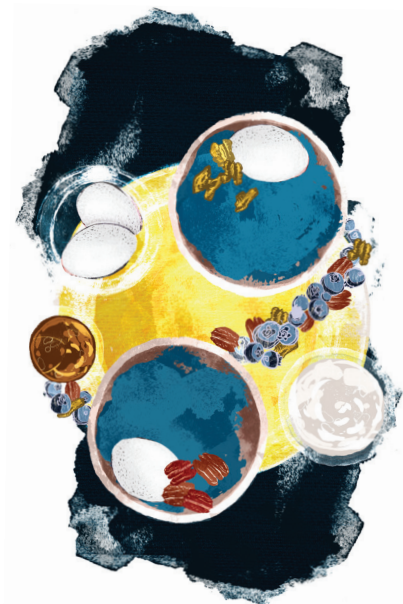
by Joe VanAlstine, LTBB of Odawak

## INGREDIENTS\*

- 1-2 soft-boiled **eggs** per serving
- 1 ½ cups water
- 1 cup blue **cornmeal**
- ¾ to 1 cup **1% milk**
- ¼ teaspoon salt, or more as needed to taste
- 1 Tablespoon **butter**
- ¼ cup maple sugar
- Walnuts and pecans

## NOTES AND IDEAS:

- **Dried cherries**, or **dried plums** or **applesauce** and a sprinkle of cinnamon would be delicious additions.
- Try adding **dried fruit and nut mix** in place of pecans and walnuts.
- An additional drizzle of maple syrup might be tasty.
- A delicious addition would be 1 teaspoon of cedar ash.



Source: LTBB Odawak FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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## INSTRUCTIONS

### PREPARE SOFT-BOILED EGG:

1. Wash your hands before preparing food.
2. Bring about 2 inches of water to a boil in a small saucepan.
3. Gently place eggs into boiling water and boil for 6 ½ minutes.
4. Rinse eggs under cold water until able to handle easily with bare hands.
5. Peel eggs and set aside.

### MUSH:

1. In a large, heavy bottomed saucepan, bring 1 ½ cups water to a boil.
2. Mix milk and salt in a small bowl, slowly stir in the cornmeal until smooth.
3. Slowly pour the cornmeal/milk mixture into the boiling water, stirring constantly.
4. Bring mixture to a boil again, then reduce heat and stir almost constantly to avoid scorching for about 15 minutes, or until the mixture is thickened to the consistency that you like.
5. Stir in butter and maple sugar. Divide into bowls and top each with nuts and soft-boiled egg(s).

