Blue Corn Mush with Mixed Berry Fruit Compote
or Native American Parfait

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For the Mixed Berry and Apple Fruit Compote
4 cups peeled, cored and chopped apples
1 cup frozen apple juice concentrate or unfiltered apple juice
4 cups Mixed Berry Medley blueberries, blackberries, raspberries and Bing cherries, (frozen and unsweetened)
2 cups unsweetened applesauce
2 Tablespoon Agave syrup (optional and to taste)
3/4 cup chopped pecans (toasted) or toasted piñon nuts (toasted)

For the White Corn Mush
1 cup finely ground white corn meal (untoasted or toasted)
1 ½ cups cold water
1-teaspoon culinary ash
2 cups boiling water
3 to 4 Tablespoons Agave syrup (optional and to taste)

For the Blue Corn Mush
1 cup finely ground blue corn meal (untoasted or toasted)
1 ½ cups cold water
1-teaspoon culinary ash
2 cups boiling water
3 to 4 Tablespoons Agave syrup (optional and to taste)

In a medium-sized saucepan combine chopped apples and apple juice concentrate. Bring to a boil. Stir. Then add the frozen berries. Bring to a boil again, then reduce the heat and simmer on low heat, uncovered for about 25 minutes, or until fruit is tender when pierced with a fork. Mash lightly. Add the unsweetened applesauce, and mix well. It should be thick but not too thick. If it is not sweet enough, add 2 Tablespoons of the agave syrup or to taste. Cook for another 10 minutes until it has reduced. Remove from heat and set aside.

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 not lumps. Add the culinary ash and mix together with a whisk or stirring sticks. Slowly add the ground white corn meal mixture into the saucepan of boiling water, mixing the corn meal with the boiling water to prevent any lumps from forming. Reduce heat to a medium heat and continue to cook 3 to 4 minutes, stirring constantly, until the mixture has a nice thick consistency. Continue to cook for approximately another 2 minutes, on low, stirring constantly, until the mixture turns smooth and is thick like pudding. Add the agave syrup, if desired, and mix well.
Remove from heat. In glass dishes or plastic cups add a little of the warm corn meal pudding (several tablespoons to coat the bottom of your glass or cup) as your first layer. Next add the same amount of the mixed berry fruit compote.

Next, make the blue corn mush. 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 not lumps. Add the culinary ash and mix together with a whisk or stirring sticks. Slowly add the ground blue corn meal mixture into the saucepan of boiling water, mixing the corn meal with the boiling water to prevent any lumps from forming. Reduce heat to a medium heat and continue to cook 3 to 4 minutes, stirring constantly, until the mixture has a nice thick consistency. Continue to cook for approximately another 2 minutes, on low, stirring constantly, until the mixture turns smooth and is thick like pudding. Add the agave syrup, if desired, and mix well.

Now add the layer of the blue corn pudding, followed by another layer of the mixed berry compote.

I like to serve this in layers with the mixed berry fruit compote for a dish that is the Native American version of a parfait (without the dairy) and I call it a Native American parfait. Top with chopped nuts, dried currents, or your favorite granola. This dish can be eaten warm or chilled as served cold.

*Serves 8 to 10 depending on the size of your dishes*

*Note: If the only applesauce available is sweetened, adding the unsweetened berries is a good way to make it a healthier dish. Many things can be added to the corn mush as a topping. For sweetness and crunch you can add sliced apple, toasted Piñon nuts or New Mexico Pecans, or any kind of granola. You can also add natural syrups, including prickly pear syrup, chokecherry syrup, and maple syrup.*