



Native American Parfait: Corn Mash with Apples & Mixed Berries

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This recipe makes 15 corn parfaits. I like to use locally grown, native blue and white corn, but you can use one corn color, if it's not available in your area. Since the dish forms colorful layers, I call it the Native American version of a parfait.

Ingredients

Parfait

- 4 cups peeled, cored, and chopped apples
- 1 cup frozen apple juice concentrate
- 4 cups mixed berries, strawberries, blueberries, blackberries, raspberries and cherries (pitted), fresh, or frozen (32 oz, unsweetened), or any mix of berries equaling 4 cups
- 2 cups unsweetened applesauce
- 2 to 4 Tablespoons Agave syrup (optional & to taste)
- 1 cup chopped pecans (toasted) for garnish
- Mint sprigs for garnish

Blue Corn Mash

- 1 cup finely ground blue corn meal (untoasted or toasted)
- 1 teaspoon culinary ash (optional)*
- 2 cups water
- 1 1/2 cups cold water
- 4 Tablespoons Agave syrup (optional and to taste)

White Corn Mash

- 1 cup finely ground blue corn meal (untoasted or toasted)
- 1 teaspoon culinary ash (optional)*
- 2 cups water
- 1 1/2 cups cold water
- 4 Tablespoons Agave syrup (optional and to taste)

(Directions continue on next page.)



(Native American Parfait - continued.)

Directions

1. In a medium-sized saucepan combine chopped apples and apple juice concentrate. Bring mixture to a boil. Stir, then add the mixed berries.
2. Bring to a boil again, reduce the heat, and simmer on low heat, uncovered for about 25 minutes, or until apple is tender when pierced with a fork. Mash fruit mixture lightly. Small lumps are ok.
3. Add unsweetened applesauce and mix well. It should be thick, but not like jam. If it is not sweet enough, add 1 to 2 Tablespoons of the agave syrup.
4. In a small saucepan over medium to high heat, heat the 2 cups of water until boiling.
5. In a separate bowl mix together the cold water, blue corn meal, and ash* stirring constantly with a whisk until there are no lumps.
6. Slowly add the ground blue corn mixture to the saucepan of boiling water, stirring the mixture slowly 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 about 3 minutes, stirring constantly, over low heat until the mixture becomes smooth and is thick like pudding. Add the agave syrup, if desired, and mix well.
7. Remove from heat. In 6 or 8 ounce glass dishes or plastic cups, add several tablespoons of the warm corn meal pudding to coat the bottom of each cup as the first layer. Now add the same amount of the mixed fruit compote. Set aside.
8. Next, cook the white corn meal mush following the blue corn mush instructions. Add a layer of the white corn pudding to the glass or cup, followed by another layer of the mixed fruit compote creating colorful layers of mush and mixed fruit. Make at least two layers of corn mush and two of fruit for four layers.



(Directions continued.)

9. Top with chopped pecans, or your favorite granola. Or, a small mint sprig adds contrast.

This dish can be eaten warm, or chilled and served cold.

Serves 12-15.

* Culinary ash is a Native American ingredient that, when added to fresh or processed corn helps break down the skin of the kernel and allow nutrients to be better released and absorbed. The process is called Nixtamalization. **See *Session Three – Tortillas, No-fry Frybread and the Nixtamalization process.***

NOTE: If the only applesauce available is sweetened, you may not need the Agave Syrup. Taste before you add any because the fruit is naturally sweet and makes a healthier dish.

Corn mush is so versatile! It can be sweet or savory. For sweetness and crunch 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 a savory side dish, instead of fruit, add New Mexico Red Chile or Green Chile Sauce which is also delicious.